

# TBF E-News

VOLUME 4, NUMBER 4

JANUARY 2009

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

## SPECIAL POINTS OF INTEREST:

JD Thomas  
on Relationships

Seasonal Message  
from Judith

Still some space  
available for the

**Cabo Seminar**  
"Breathe on the  
Beach"

February 8 - 13.

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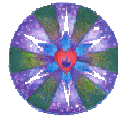
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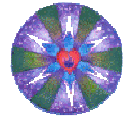
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## Where Are We Going? Where We Are Going.



by Judith Kravitz



Normally, I do not have any difficulties about what to write about in these articles. The ideas and inspiration have always been there. This time, however, it has been somewhat different, ideas have been vague and somewhat scattered. This is no way an indication of the tremendous shifts and happenings I have been feeling and occurring for all of us.

Do I have a definitive understanding of what is going on? Not necessarily. Do I have some strong convictions of what is unfolding and visions of what is to come? Yes, I do and yet I feel somewhat like a trapeze artist having to let go of the swinging bar and look for the next one I feel is definitely coming; ready to grab on and go with that flow and just wanting to see that bar. Some of us can actually see the next bar. But for

those of us in mid-suspension we have felt our faith tested to the limits.

What will happen? Are we really in the throes of global economic collapse? We know we are in transition moving towards a new paradigm of conscious living on this planet. Most are conscious that it is one of the primary reasons why we are here. We are here to support the changes that occur which ultimately take us back to our Spirit, in harmony with nature and authentic living. We feel that in our cells, we know it in our hearts. We are so grateful to have so many tools for our personal use and to share with others to assist us transforming and adapting to the inner and outer changes.

Times seem uncertain and we are being called to be here in a state of faith and acceptance, trusting the perfect workings of

*(Continued on page 3)*

## Facilitator Spotlight



by Judith Kravitz

JD Thomas is a Senior Trainer with TBF. He has traveled with Judith over the last few years to continue to learn from her and the international TB family. He has been to Turkey, Italy, and Holland with her to help co-train seminars and Level 5. He has also been the Senior Trainer / Facilitator in seminars in Curaçao, Ecuador, and most recently in Texas. JD offers TB at two luxury hotel spas in Cabo San Lucas, the one and only Palmilla and Las Ventanas. His passion is integrating the breathwork into relationship dynamics, esoteric sexual prac-

tices, and using both as a tool for creative expansion and higher states of consciousness. That is what the new program "Enlightened Relationships" that JD co-created is about.

### What is an "Enlightened Relationship"?

"Enlightenment" is a term that has been as misused as "love". The very core of what you are is "love" and "enlightenment". Yes, you are "enlightened" and you can only be so in the moment. It is not something you can go attain like an ice cream cone. To be

*(Continued on page 2)*

## Spotlight ... continued

enlightened is to recognize the pure blissful truth that you are. When this is discovered, you begin to see everyone as you, and you become unconditional love.

Life is experiential and we all know that we create our own reality, therefore our own story (reality, although it is really just a story that we believe) is a reflection of what we are on the inside. So, in relationships, we are attracted to the mirror of either our completeness or incompleteness. An "enlightened relationship" is one in which you are aware of the spiritual purpose of a partnership (to express, love, create, enjoy, and grow). Again, it is not a state of achievement where you become the perfect couple, it is an awareness that whoever you decide to be with is perfect, and you are too. All relationships have this divine purpose, and the new TB trainings of "Enlightened Relationships" pull together Psychology, Quantum Physics, Breath, Tantra, Meditation, and many new, fun activities to raise awareness for couples and singles alike.

### What is the role of sexuality in all this?

The energy of sexuality is male and female or what is called in The Taoist tradition, yin and yang. Our basic desire to unite physically (first level of TB) is a desire to be complete, to be one with God, to be connected to the whole. This basic yearning for wholeness motivates all our actions. The place (only possible place) where most people find difficulties, is in the mind (second level of TB) and at this level there is still a duality. There is only one level of TB (third level – Spiritual) where the duality of these complementary energies merge into one. The teachings of TB say to surrender to the life-force (breath) and regain an awareness of the integration of the male and female energies within each of us. The result is a harmonic blend of both the yin and yang energies that expresses through each individual as powerful and creative unconditional love.

The life-force has two purposes, to maintain life (breath) and to create more life (sex). Tantric sex practices are as old as humans, but TB is the most powerful breath modality on the planet and there have been huge leaps in understandings in the fields of biology, relational psychology, and quantum physics in the last few decades. Not to mention, people are beginning to open up to new ways of relating (sex is a very potent form of relating) to each other. I feel the integration of these practices will result in a new paradigm of "Enlightened Relationships".

### How does TB raise the sexual energy or open up creative expression?

Sexual energy is the creative force of the universe. Animals are created from sex. Its very nature is to create, however, it is

only expressed through sexual play on the lower planes. As the energy centers are opened up and organized, we transcend from an organism that is creating (through mental intention) to a vehicle through which divine creation is being expressed.

There are two types of creativity: scientific creativity (male in nature) and divine creativity (female in nature). The first is when we find new ways of looking at something or we bring new insight to an already established context. An example is to write a love story. Although it may be a new story, there are countless numbers of love stories already. Divine creativity is a new context altogether. An example is a drastic shift in consciousness. Most people experience this after their first TB session. In sexual practices, this state will bring extreme bliss and a person will not know where his/her body ends and where their partner's body begins.

TB works with the dense energies that block the possibility of this bliss. Consider the three levels of TB, physical, mental / emotional, and spiritual. The mental and emotional work together to create our reality, however, it is also where we hold our beliefs and values that sometimes prevent us from living completely in the moment and receiving divine inspiration. Transformational Breathing breaks through these barriers and opens up all the chakras to experience truth. With this type of connection, creativity becomes a new quality and expression is beyond mind. Combining the knowledge and practice of breath with sexual energy allows us not only to become creative, but to become a living representation of the first and third level of TB, a spirit being expressed through a physical body.

### Can this help me find my soul-mate?

Yes! Although, it is important to clarify what you are really asking. By "soul-mate", you mean someone to share your life with, to love and be loved, to live the romantic fantasy. The truth is every person you have ever been in a relationship with, was your "soul-mate". They were a reflection of who you were at that time in your life. Isn't a soul-mate someone that allows you to grow, expand, and find your true nature? Did you receive this from your past partners through a little pain and suffering? In the weekend event, you will find out how you choose partners and how to attract what you really want as a "soul-mate". Through introspection, breath, and other modalities, we show you how to become unconditional love. Can you imagine what perfection you will bring to you if you radiate a high voltage state of being all the time? You will have your selection of many, when it comes to a "soul-mate."

Editors Note: Look for the first "Enlightened Relationships" Weekend, this summer in Cabo, Mexico.

We will provide more information as it becomes available.



## Where Are We Going? Where We Are Going. ... continued

the Universe and unfolding of a great plan for this planet at this time.

So what else can we do to stay on top of the condensation of energies and seeming collapse of many considered stable institutions? I have been feeling and exploring this need intensely these days and have found some good things to practice to keep the flow going in the most positive direction. To maintain dominion *over where are we going, we need to:*

1. **Remain positive** and associate with other positive-minded people. We know there are many ways to perceive what is going on. Basically, either with our physical senses that are observing the outer experience and reacting to that, or we can focus our perception on the true spiritual reality that is eternal and always perfect, that sees all in divine order and unfolding. The key is to surround ourselves as much as possible with others who choose to see and acknowledge the higher truths that exist in every situation. These associations are what are known as "Holy Relationships", where individuals come together to share their wholeness.

2. **Count our blessings. Be grateful.** I was recently gifted with a wonderful new green prosperity book, "The Little Book of Prosperity", that really brought home the importance and transformative powers of gratitude and appreciation. They give a simple exercise of going into each area of our lives and simply remembering and stating all the things we are grateful for in that area big or small. It helped me remember that it is a grateful heart that is open and ready to receive. So we can make gratitude our new mantra in every situation for in fact there IS something to be grateful for in any situation.

3. **Go deeper.** Everything we really need or want is inside of us. There is really nothing that exists outside if we go deep enough to that place of oneness and wholeness. If we are feeling fear and anxiety then we have to go deeper to that place of peace and love. If the outer reality gets too strong then we can go inside and find what is real and true. There is no one else that can do this for us. At this time of so many outer changes and seeming chaos, this needs to be a priority, an important part of our survival and living in peace. We have many tools that can take us deep inside. In finding the ones that work the best for us and using them on a consistent basis we can ride the waves of change with clarity and objectivity.

4. **Expand our vision.** If we are primarily concerned with our own affairs and what concerns us, then maybe we are not reaching our potential to be powerful and be of service by not expanding to a bigger vision than that of our ego or personality desires. It is important to care about ourselves and it is also good to go beyond our individual needs and concerns and be willing to be used by Spirit for a greater cause thereby increasing our value and impact in the world.

5. **Acknowledge the Darkness** and our shadow for what it is -- and Transcend it. We can understand that it is an aspect of the light, part of the oneness that is confused. To know that those parts

of us and life are playing a role in the evolution of this world. That in reality by knowing this we can make peace and overcome those energies. We can align with the higher understanding of the importance of the polarity of light and dark in this dimension at this time. There is a purpose to the shadow, and knowing that value and holding strong to its true identity, (it's all light), we transform the lower concept into a higher reality.

6. **BREATHE.** Yes, let's not forget the amazing gift we have to take us to the levels of peace, love, and joy inside of us. Our breath is The Tool which allows us to integrate whatever is up on each level of our being. We can integrate physical pain, tension, and energy imbalance with Transformational Breath. We can also permanently raise the energies of fear, anxiety, stress, (and you name the rest), to our truer higher emotional states. We can reach the higher states of consciousness which allow us to experience the Spiritual perfection that exists everywhere. And with TB we can stay present in the moment and truly come home to our innate state of being and perfection.

None of us really knows what is ahead in the days to come and yet when we know where to focus and what is important we will be well and do well no matter what.



### FACILITATOR and TRAINER-ONLY EVENTS

#### "Inspiration, Renewal & Techniques Update Day"

Saturday, March 21, 2009; 9:00am - 5:00pm

#### "Workshop Leader Business Development Day"

Sunday, March 22, 2009; 9:00am - 5:00pm

Bio-Self Emergence Institute  
Southfield, MI  
\$125 (or \$111 before February 28)  
734-416-5200

Together these workshops will serve to refine your facilitation skills and get you updated on the latest techniques as well as make your workshops more effective and boost your marketing and business acumen.

Sign up for both by February 28 and come for \$199 (or \$222 after February 28.)

Free evening Breathe on Friday, March 20 at 7:00 PM for all workshop participants at Bodyworks Healing Center, in Plymouth, MI. Offered by Dave and Pat Krajovic. More info on the TBF Special Events page – flyer with full details.

## Q &amp; A

**FASTING**

**Q.** A breather is a Muslim in the holy month of Ramadan. He is fasting and not allowed to drink even water before 6:00pm. Is it ok for him to come for the workshop and breathe without drinking water?

-Daniel

**A.** Dear Daniel,

I have worked with some on fasting days. It is okay to breathe without food or water. And when they are able they should drink as much water as possible to hydrate and help flush toxins. They can also program the pranic energy to give them the fluid and nourishment they need by claiming this when they breathe and see it happening in the cells. Hope this is helpful.

Love and hugs, Judith

**SENSATIONS IN TB**

**Q.** Hi,

I've been doing transformational breathing off-and on since I was 18 (I'm 22 now). I haven't been having those powerful effects or amazing journeys among the stars. Do those powerful moments come if you do it more often or just in the early stages when you've got a lot to breathe through?

Tom

**A.** Dear Tom,

I am so glad you have stayed with your breathing practice all this time. One thing to know is that the longer you do Transformational Breathing the more oxygenated your system gets and so you feel the physical effects less, (i.e. tingling, tetany, etc.) and also as your patterns in the subconscious mind clear you have less emotional experience and the sessions become a subtle steady raising of energy and infusion of light. One thing I would encourage you to do is a private session with a trained facilitator so they can check how you are breathing. You might not be using the most effective breathing pattern and thereby not accessing the higher states and suppressed material. They will be able to recognize that and help you become more conscious of how you are breathing for your own practice and take your sessions to another level. And, of course, there is nothing that takes the place of our extended breathing programs. I look forward to seeing you again and sharing more.

Breathing in Love, Judith

**CAESARIAN SECTION**

**Q.** Hi Judi,

**A.** client gave birth via caesarian 2 weeks ago. I offered to breathe with her (and her baby). The healing process after the C-sect was not smooth – many complications. Would it be prudent for me to

allow her time to recuperate before breathing with her?

-Name withheld

**A.** Dear [Name withheld]

Hi there. My last delivery was caesarian and it was in many ways the hardest birth. My son slipped back in and they had to do another incision as well, so I retired with a cross on my uterus. It was the breathing that got me well on the road to recovery and healed the emotional trauma of feeling attacked by the knife that cut me but ultimately saved our lives. And yet my subconscious did not know that. I suggest for your client some gentle open connected breathing as soon as she is willing. And obviously no body-mapping from the waist down because of the risk of uterine contractions. It will help detox her (so much anesthesia), and bring the life-force (prana) there to heal. It would be good to breathe the baby too as it was quite a journey for it.

Love and hugs, Judi

**VOCAL CORD INJURY**

**Q.** A woman with long-standing laryngitis (10-15 years) and near loss of voice due to vocal cord injury. Possible childhood trauma and inability to express. I want to breathe her. - Alev

**A.** Dear Alev,

Hi there. I agree with you that breathing will help her with her expression and throat trauma, It would be great if she took a Seminar. Just wait and see how she breathes and then decide when to work around the throat. It may be right away and you may need to wait awhile. Definitely begin gently and see what happens. I have seen great success in similar cases where the voice returned as such trauma and lack of expression had been integrated. Let me know how it goes. Love and hugs, Judi

**BREATHING with a RESPIRATOR**

**Q.** Hi Judi,

Any insight on a male client on ventilator? His condition had seen 2 years of continuous hospitalization with bouts of pneumonia, emboli, heart issues. Very involved.

Love, Patty Alessi

**A.** Dear Patti,

Hi there. I have worked with several on a respirator and what I found out was that you can still do TB in that situation. The respirator induces somewhat of a false breath, causing the

*(Continued on page 5)*

## Q&A ... continued

breather to tighten up on the exhale and sometimes they are using their chest muscles instead of the diaphragm. So encouraging the belly breath and relaxed exhale is a good place to start. If possible, if the pace on the respirator is too fast, then it could be adjusted to slow it down a bit to gain a more natural rhythm. It will help create better breathing function and more expansion. Let me know how it goes.

Love and hugs, Judi

### TOTAL PARALYSIS

**Q.** Dearest Judith,

I am a newsletter reader and beginning TB follower. A very good friend of mine fell off a ladder a year ago and is now a quadriplegic. The last few months he has been experiencing severe pain in his neck and shoulders, and thus has not been getting any movement or therapy. I am a Reiki practitioner and I know he responds really well to this. Do you have any suggestions for him?

With deepest respect, light and love,

Name withheld

**A.** Dear [Name withheld],

Hi there, I am so sorry to hear about your friend's accident. My strongest suggestion is to arrange some way he could work with a Transformational Breath practitioner. Not only would the breathing help release physical tension and balance the energy flow, it also works on the individual's electromagnetic field and can bring in new healing energies. Other quadriplegics I have worked with have felt sensations and sometimes movement in otherwise numb or paralyzed areas after working with the breath.

Breathing in love, Judith

### SEIZURES

**Q.** Hey Judith,

Halfway through a session a man gets up and wants to leave the space. When I go over to him he is obviously in an altered state and not in his body. Two men and myself attempted to keep him from leaving but there was no holding him back. I find out later he has a history of having epileptic seizures and that is what happened.

Love Dale

**A.** Dear Dale,

If I understand correctly the man had a seizure during the breathing session in your workshop? I only had this happen once. However, I knew the man's condition prior to the breathing and was watching out. I went over to him and coached him to relax and put pressure

on his solar plexus to assist in that. I made sure he could breathe and turned him more on his side. The biggest thing with those prone to seizures is that they tend to hold on to the exhale creating a build-up of energy and the body uses the seizure to release that energy. I know that is very general and yet I have worked with many with epilepsy and have found that to be pretty true and a good way to alleviate some of those symptoms. And some have actually had complete elimination of the seizures.

Love and hugs, Judi

### CANCER and OXYGEN

**Q.** A client whose father had liver cancer told me oxygen is good for the body with cancer but not when the person already has a cancer diagnosis. I wanted to say she was wrong.

-Alev

**A.** [*we had Nadja, a board-certified physician, answer Alev's question.*]

Cancer cells are very different cells to the normal body cells. In many ways they react and grow in different ways than a normal cell would do. This is the reason why they manage to grow so fast and big. (In fact, this is the reason why we have problems with cancer: due to the size and the disruption of normal bodily function). For these cells, it has been found that they do not thrive in well oxygenated areas in contrast to normal cells. They also maintain an environment around themselves which is full of fluid (they grow their own leaky blood vessels to help with nutrients – a process called angiogenesis). There has been a new piece of research which found that if you manage to change the environment around the cancer cell by improving the vessel system in the cancer, the fluid leaves around the cells and that the oxygen can penetrate to the core of the cancer. The cancer actually suffers because of this. In this particular research they proposed giving chemotherapy at that precise time to increase cell death. In practice, this is very difficult to time, as it is very rarely measurable inside the tumor. What it says to me though, is that the cancer cells do well in an oxygen-poor surrounding and do badly in an oxygen-rich environment. This is indeed a very different way of reacting to oxygen compared to normal cells.

As we know, breathing has helped in the cure of different cancers and the above may be a part of the answer why. I

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## TIBA & the "Club of 100"



As you know by now, **TIBA-AFRICA** is a project very dear to the TBF. TIBA stands for "The Inner Being Alive". In the Kiswahili, (local language in Kenya), it means "Cure" and thus, healing. TIBA-AFRICA mainly works with the breath techniques of Transformational Breathing (TB). These

raise the life-force of the body, transform thought and feeling, and bring people closer to their inner source, because change starts on the inside of people; and after that you can see it in their external living conditions.

So there is a choice for Africa in the TIBA name because their future dream is to go beyond the slums of Nairobi and the borders of Kenya and make it possible for everyone in Africa to join the trainings of TIBA-AFRICA and realise a structural development of the life situation of their communities.

The "**Club of 100**" is a club of 100 members where each gives 100 Euros a year for a period of three years. With this money TIBA-AFRICA can do their work in the slums of Nairobi. If you will become a member you receive two-monthly newsletters by mail about the development of TIBA-AFRICA and make a great

difference in the world.

Please forward this information to all the people you know, so we can make TIBA-AFRICA a big foundation and they can help even more people.

Donations can be made via PayPal with the email below, or by contacting:

Mitchel de Jager

Tiba-Africa, De Club van 100

Krommeweg 10c -- 4651 RN

Steenbergen NB, Netherlands

Telefoon 06-42807579

[Mitchel@tiba-africa.com](mailto:Mitchel@tiba-africa.com)

[www.tiba-africa.com](http://www.tiba-africa.com)



## Q&A ... continued

feel quite confident in letting someone with cancer breathe. Also, from the standpoint of detoxification the breathing can help the body to clear any impact of previous chemotherapy sessions. As we know, these can have detrimental effects on healthy tissue. Of course, it should always be the client's choice should they wish to breathe or not.

### LUNG CANCER

**Q.** Hey Judith,

A woman with lung cancer undergoing chemo/radiation last month had a reaction to a new chemo "pill". She coughs now intermittently and can't seem to get enough breath to get her energy back. Can TB help her?

Namaste,

Carol

**A.** Dear Carol,

In working with folks with lung cancer and other lung conditions, the most important thing is to be sure they are using their diaphragm and relaxing on the inhale. This will naturally increase breath flow. Maybe a two stroke inhale if they are able to relax. Affirmations of "accepting / expressing good" would be beneficial. She may be experiencing detox from the chemo, so advise her of that. For many reasons the breathing would be good for her now. Emotionally, it will help her deal with the symptoms at the level of cause.

Love and hugs, Judi

[*Follow-up:*]

Dear Judith,

All went well. Client was able to relax on the inhale and exhale. She said it felt sooooo good to breathe in her belly, relating that her breath was stuck at the beginning in her sternum where a tumor is located. She couldn't wait to schedule again

*(Continued on page 8)*



# 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)

**Seminar**  
**February 08 - February 13, 2009**  
**Cabo, Mexico**  
 Rox Lindbert  
 603.286.8333  
[info@transformationalbreathing.com](mailto:info@transformationalbreathing.com)

**Level IV(A)**  
**February 15 - February 21, 2009**  
**Cabo, Mexico**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**RYB**  
**March 27 - March 28, 2009**  
**New York City**  
 NY Open Center  
 212.219.2527 x2  
[info@opencenter.org](mailto:info@opencenter.org)

**RYB**  
**April 03 - April 05, 2009**  
**Lenox, MA**  
 Kripalu Center  
 800.741.7353  
[info@kripalu.org](mailto:info@kripalu.org)

**Level IV(B)**  
**May 02 - May 08, 2009**  
**Oceanside, CA**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**Seminar**  
**May 10 - May 15, 2009**  
**Oceanside, CA**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

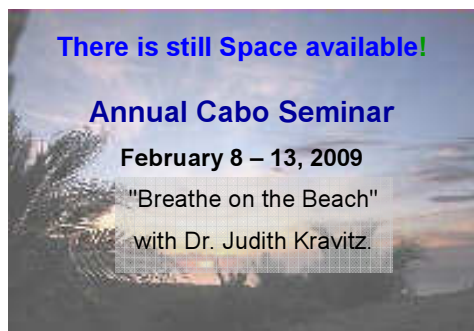
**Seminar**  
**May 31 - June 5, 2009**  
**W. Massachusetts**  
 Rox Lindbert  
 603.286.8333  
[info@transformationalbreathing.com](mailto:info@transformationalbreathing.com)

**Seminar**  
**July 12 - July 17, 2009**  
**Santa Cruz, CA**  
 Taica Patience  
 831.477.1409  
[taica@TheTempleWithin.com](mailto:taica@TheTempleWithin.com)

**Seminar**  
**August 30 - September 4, 2009**  
**Clinton, WA (Whidbey Island)**  
 Susan Cassaro  
 206.406.8442  
[crystalstardust@centurytel.net](mailto:crystalstardust@centurytel.net)

### TBF SPECIAL EVENTS

#### Cabo Events



Rox Lindbert  
 603.286.8333  
[info@transformationalbreathing.com](mailto:info@transformationalbreathing.com)

Don't forget the **Level IV (Part A)**  
**February 15 - 21**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

#### Boston Workshop Series

These partial-day events with Judith are rare so do not wait to register.

**May 17, 2009** (7:00pm - 9:00pm)  
**May 23, 2009** (10:00am - 4:00pm)

For registration, contact:  
 Rox Lindbert  
 603.286.8333  
[roxlindbert@aol.com](mailto:roxlindbert@aol.com)

This a RAW FOODS NETWORK Event

#### Judith in Hollywood

**Workshop - One Night Only**  
**April 28, 2009**  
 7:30 - 9:30pm

Contact:  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

#### Check the Schedules

Additional events with Judith are held in Massachusetts (Rowe Center) as well as Turkey, Holland, Italy and a new event in Germany next Autumn.

Further Trainings in 2009 are slated for Michigan, Florida, Canada, and the UK.

#### NEW PRODUCT

##### Divine Breath CD

Dave and Pat Krajovic have produced a new CD available for purchase at \$18 on the TBF site. The "Divine Breath" CD is a unique and powerful work that combines the healing power of Transformational Breathing with the ancient wisdom of invoking your angels.



Designed for both experienced and beginning breathers.

**Dr. Judith Kravitz**  
**Transformational Breath Foundation (TBF)**

P.O. Box 248  
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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  
770.785.7051  
[www.breath-dynamics.com](http://www.breath-dynamics.com)  
[info@breath-dynamics.com](mailto: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.

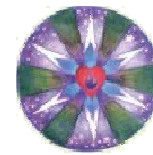
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**Q&A ... continued**

and is going to do the daily 100 Breaths.

-Carol

**MORE on LUNG CANCER**

**Q.** My husband has Stage 4 lung cancer. Would this be helpful for him? We have been looking into everything to find natural ways of healing and they want to start chemo and radiation within 2 weeks.

Debi

**A.** Dear Debi,

It is my experience that our process can assist folks with cancer, especially lung cancer, in a number of ways. For one, it allows one to maximize their breathing capacity, and it is accepted scientifically that the best way to deal with an anaerobic disease is with increased oxygen levels. TB also addresses issues on the mental and emotional levels, which is where the cause of most diseases begin. Since your husband's symptoms are in the lungs and we really give the respiratory system a training and workout it would help clean and strengthen his lungs.

Breathing in Love, Judith

**MORE on CANCER**

**Q.** Hi Judith,

Two women in their 60's have cancer and have undergone, multiple surgeries, chemo and radiation. I am unsure if I should start sessions or should I be patient and wait?

Love, Alev

**A.** Dear Alev,

Breathing folks with cancer provides them lots of benefits:

1. More oxygen in the system, which targets the cancer cells and aids the immune system.
2. Working with the emotions and thoughts that contribute, or even cause, the condition.
3. Also giving the client a deeper spiritual connection, which at times of life-threatening disease is essential.
4. Detox -- they may feel the toxins from the drugs leaving the body and feel sick as they do -- and that is okay. It is better than keeping toxins in their system.

Hopefully this is helpful in working with these ladies.

Love and hugs , Judi

