

One Man's Story: The Power of Transformational Breath by Robin Denman

For many years I had a feeling in the back of my mind that something was about to happen that would change my life. I felt I was observing myself subconsciously, that I had some unblossomed potential but couldn't pinpoint what it was or how to access it. I knew something had to give way. My life needed to change.

My name is Robin Denman. I am a 45 year-old man who until January 2005 existed as a body, a shell, with no insides, no spirit (self-admitted). I was angry, unforgiving, impatient, intolerant and judgmental. I pretended to listen when others spoke but interrupted all the time thinking what I had to say was more important. I complained about everything constantly to my friends and loved ones. Compared to who I am now I was a real "hole in the backside." I am ashamed of who I used to be.

One day my loving girlfriend, Christy Carlson, told me she was going to a Transformational Breath seminar. She had tried the Transformational Breath and was left speechless. She knew that this was what she wanted to do with her life. I thought, "This is the chance for me to 'cold turkey' my smoking, drinking, and drugging." So I signed up for seminar. I never expected what would come next. It was like spiritual sky diving. Wow!

When the founder of Transformational Breath, Judith Kravitz, walked into the room on the first day of the class, there was such peace, innate joy, and loving in her eyes that she could have blinded me with her light. She began by telling us that she would teach us how to use the most powerful self-healing tool on the planet. We would learn how to heal ourselves and others. We would learn the meaning of our own breath, and begin an infinite journey into our life force and spiritual energy. We were told that the breath is a map of the subconscious and that by changing breathing patterns, people can liberate themselves permanently.

I was about to breathe my first full session and was told to set an intention before breathing -- something that I would like to add to my life, focusing on the positive. I decided to focus on an endless abundance of love and prosperity. I was told I would experience a variety of unusual and slightly uncomfortable sensations while breathing but they would go away soon and be replaced with joy and an unexplainable feeling. I would be making a sacred toning sound, a sound that comes from the depths of my soul to move energy to other places.

As a warm-up for the breath to get started, like jumpstarting a car, we were told to dance the Kundalini breath dance -- a fun, free dance around the room for three or four minutes with lots of laughing, smiling and whooping. Once the disco-ish music stopped, the breathing music began -- loud, tribal, primitive music that takes you back to man's roots. I lay on my back breathing as instructed. Soon my breathing became fully activated, like a perpetual bouncing ball. My spirit was breathing me now. No effort involved. I was conscious of everything around me, yet I wasn't. Shortly I was making the sacred sound loud and long like the others in the room. I could feel vibrational energy moving all over me. My muscles were jumping, prickling, and itching. My hands and feet were tingling. I began this bizarre laughing and crying at the top of my lungs. At one point I

stopped breathing—the stillness and peacefulness was euphoric. Then, as I was breathing through the remainder of the session, I felt my third eye doing this prickly tingly thing. It makes me smile inside -- I know I connected to spirit and god. It felt so right. Judith told us to bring our focus back to our bodies and to start coming around, taking some deep normal breaths. My facilitator grounded me by touching my temples and then holding my feet while another batch of tears poured from my eyes. Feeling a little cold, I wrapped myself in a nice soft warm blanket and spent a few minutes thinking about what had just happened. Did I experience a paradigm? I think I did. Did I embrace this paradigm like a modern man? Or did I run away from it like a cave man? Whereas, my habit was to avoid really feeling, I realized that in this experience I embraced it. We then sat in a circle and shared our thoughts. When it was my turn, with my blanket wrapped around me, all I kept saying was, "I love you guys. I love you guys. I love you all so much."

Ever since, my life has changed. I have peace and love in my heart without judgment. Addiction-free, I walk a path of truth and sincerity. I often ask myself "Why do I feel so good?" Through my own breath, my ego gave way to my spirit and connection to the divine. I try to breathe every day now, focusing on breathing in a new life and a new beginning. Christy has this little saying: "Everything is as it should be." I now understand this.

Come breathe with me. Come breathe with me. I love you all so much.

Robin Denman completed his *Transformational Breathwork Facilitator* certification in April 2005. He and Christy Carlson conduct breathing sessions from Naples to Bonita to Ft. Myers.