



# Transformational Breathing™ E-News

from the *Transformational Breath Foundation™* and *Breath Dynamics™*

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



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*edited by Stephen Gooby  
and Dr. Judith Kravitz*

## **Trainings - US**

**April 23,24, 2005** -- Level II  
Seattle, WA  
Dave Merrill -- 206.463.1490  
[BreathNorthwest@hotmail.com](mailto:BreathNorthwest@hotmail.com)

**May 1 - 6, 2005** -- Seminar w/ Judith  
Southern California  
Jessica -- 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**May 14,15, 2005** -- Level II  
Seattle, WA

Dear Friend,

Issue 13 is here. The profile this month is of Dave Merrill and Tracey Stover from the Seattle area. More news on Damanhur and Judith brings news about her Spiritual Community in Mexico. Enjoy!

Stephen Gooby  
[info@breath-dynamics.com](mailto:info@breath-dynamics.com)

## **FACILITATOR SPOTLIGHT**

by Stephen Gooby



Meet Dave Merrill and Tracey Stover. Read the interview below about their work in Seattle.

### **Tell us about your backgrounds in Seattle.**

**Tracey:** As someone who grew up all around the world, I made the decision to make the NW my home because I had access to the ocean and mountains, and that translated into plenty of outdoor activities year-round. Since I have been here, my PR background has often covered the bills while I have dabbled in and studied a variety of energy techniques and spiritual practices over the past 12 years. It was in TB that I realized I could put this all to good use, and still have the client know they were their own best healer.

**Dave:** The reason I moved to Seattle from the Midwest in my early twenties was for its proximity to lots of natural resources; mountains, forests, and ocean, but what I found was that those wild and open qualities are also represented in the psycho-spiritual mix of people here. While I've been building gardens here for 20 years, I also became a consumer of a variety of healing and spiritual practices. When I experienced an intense spiritual emergence in my late twenties, I became more serious about these pursuits; I guess you could say my life depended on

Dave Merrill -- 206.463.1490  
[BreathNorthwest@hotmail.com](mailto:BreathNorthwest@hotmail.com)

**May 22 - 27, 2005** -- Seminar w/ Judith  
New England  
Judith & TBF -- 603.284.9291  
[breathinfo@aol.com](mailto:breathinfo@aol.com)

**May 28,29, 2005** -- "Reclaim your  
Breath"  
Seattle, WA  
Dave Merrill -- 206.463.1490  
[BreathNorthwest@hotmail.com](mailto:BreathNorthwest@hotmail.com)

**June 3,4, 2005** -- "Reclaim your Breath"  
Wakefield, RI @ All That Matters  
401-782-2126

**June 11 - 15, 2005** -- Level IV (part 1)  
New England  
Judith & TBF -- 603.284.9291  
[breathinfo@aol.com](mailto:breathinfo@aol.com)

**August 7 - 12, 2005** -- Seminar w/  
Judith  
Seattle, WA  
Dave Merrill -- 206.463.1490  
[BreathNorthwest@hotmail.com](mailto:BreathNorthwest@hotmail.com)

### ***Trainings - International***

**April 10 - 15, 2005** -- Seminar w/ Judith  
Gubbio, Italy  
Judith & TBF -- 603.284.9291  
[breathinfo@aol.com](mailto:breathinfo@aol.com)

**May 21,22, 2005** -- "Reclaim Your  
Breath"  
Derbyshire, England  
Ange -- 01629 824023  
[ange@breathangel.fsnet.co.uk](mailto:ange@breathangel.fsnet.co.uk)

**July 2, 2005** -- Intensive w/ Judith

it. I found the most benefit in depth psychology, namely Jung's teachings, and also the teachings of Tibetan Buddhism.

### **What brought you to Transformational Breathing (TB)?**

**Tracey:** Many moons ago, I was helping Dave out in Spokane with a group of folks he was breathing, and I was so taken by how it felt to assist another in the Breathwork, that resulted in the participant feeling fully empowered, I knew in that moment I had to learn how to do this work. That feeling of awe has only deepened since that first experience. My own life-altering experiences simply gave me the necessary fuel to keep me going.

**Dave:** What brought me into TB was by chance attending an introductory class, during which I had total clear recollection of being three years old. I immediately felt this was direct access to the unconscious mind...rather than dream interpretation...and also saw it as a way of helping people; a goal important in Buddhism. My first weekend of sessions was so intense I nearly walked out, as I was integrating old spiritual emergence traumas, but fortunately realized I could moderate the intensity of my session by breathing more gently and setting my intention to be able to go home and pet my cat afterwards! That was the biggest empowerment of my life, and allowed me to continue with enough trust to face anything. After two weekends of workshops I flew to Switzerland and met Judith and breathed with people from 15 countries and totally saw the potential of this work. I came back to Seattle inspired to bring the work here.

### **I understand what it's like to be a pioneer of sorts -- bringing this work to an area where there was little or none before. Many Trainers and Facilitators face the same challenge. What can you tell us about your approach to Marketing?**

**Tracey:** I have found that of course marketing is essential, but first, what has assisted me the most in tilling virgin soil is having a partner in the work. Truly the energy of two or more is not to be underestimated, it has kept me going. Yes, it means we sometimes have had to split proceeds that wouldn't pay for either of our gas expenses, and what an incredible benefit to have someone there to hold the field with you, to travel with, to share in the joys and cross the hurdles has made the journey of building a territory realistic and fun. Secondly, it has helped me to think in terms of manifesting the Breathwork instead of marketing it. We still have a brochure, business cards etc, all of that is essential, and I know that it is based on my personal work that folks are drawn to me. So for me, especially as a fledgling Trainer, I am more committed than ever to my spiritual practice and inner clarity. I am manifesting my love in the world, as a lucrative livelihood and that is exciting. Most of our business is still word of mouth, so finding new ways to talk about Transformational Breathing is an important part of the manifesting process. My newest 60 second description is that, "I facilitate a therapeutic Breathwork, that allows a client to do the '*Feng Shui of their Emotional Closet*' ".

**Dave:** As a new Facilitator I had both confidence and fear. At times I held a somewhat naïve belief that everyone would immediately love this work as much as I did. I found out that's not always true, and learned to respect the inertia of the ego mind that prefers to keep people in the same old groove.

Steenbergen, Holland  
Marco -- 167 540 174  
[inside@home.nl](mailto:inside@home.nl)

**July 2,3, 2005** -- Level II  
Derbyshire, England  
Ange -- 01629 824023  
[ange@breathangel.fsnet.co.uk](mailto:ange@breathangel.fsnet.co.uk)

**July 5 - 10, 2005** -- Level V w/ Judith  
Holland  
Jolanda  
[jwillems.11@home.nl](mailto:jwillems.11@home.nl)

**July 12 - 17, 2005** -- Seminar w/ Judith  
Holland  
Jolanda  
[jwillems.11@home.nl](mailto:jwillems.11@home.nl)

### ***Register for Training***

For **Training Registration**, either:

- 1- call the **Contact** listed with the desired Training above.
- 2- call **Rox** at the Foundation at 603.284.9291
- 3- Register **Online** at <http://www.breathe2000.com/>

### ***Questions***

Send your Breathing questions to:  
[info@breath-dynamics.com](mailto:info@breath-dynamics.com)  
If you're a Client, Breath Professional or simply interested in Transformational Breathing, we'll have Judith, Steve, Rox or another breathworker reply here to your query. Thanks!

The Byron Katie question, "Do you really want to know the truth", has been a good reminder that some people may prefer their familiar patterns to a new freedom, and it's not my business to judge that. At other times I'd have fears that I don't really know enough compared to some modalities where people have practiced for 20 years. Upon investigation I've usually found that TB has something to offer everyone, and that years of experience can often mean attachment to an outdated paradigm. This is a big question, and one we all grapple with. I feel strongly that any success in attracting people to this work has happened solely because of making this work a part of my spiritual path.

That means doing my own work of breathing and integrating and expanding my awareness and understanding on a continuous basis. I felt early on that the M word 'Marketing' should be replaced by the M word 'Manifesting'; it really feels like a higher frequency of thinking to me. Manifesting still includes the possibilities of creating brochures, fliers, or ads, but the intention feels more like an offering of information and opportunity rather than a sales pitch.

I think what really gets people to sign up for workshops or sessions is when they can feel genuine compassion, understanding, and wisdom emanating from the person presenting; that is something people intuitively resonate with and want more of, and is infinitely more valuable than a good front of the room marketing pitch.

Judith always stresses that this is word-of-mouth work, and so far that seems to be true. However I think we need to work at finding the words to express what we do so we can communicate more effectively, reach more people and get them their first experiences of the work. The potential for this is unlimited. I just worked with a Branding expert in trying to identify key words that we could use in describing TB. I sent out a survey to Level III graduates, and they selected the words they best thought described what we do. Here's the top words selected: *Wholesome, pure, natural. Spiritual, holistic, intuitive. Visionary: as we think, so we become. Practical.*

The idea is to use these words repeatedly to drive home a message that is already proven to have positive effect on the people we want to reach, and then to find images that express some of the same archetypal qualities.

We'll see how this works, but it's a way of organizing our thinking about getting our message out.

In Seattle our best marketing has been through people who refer us to others, such as a successful energy healer with a large clientele. We're just beginning to identify the various groups of people who can benefit from this work, such as people with chronic fatigue, yoga practitioners, massage therapists, etc, and then seeking ways to manifest connecting in to these groups.

**What obstacles - both personally and professionally -- have you encountered in expanding this work in a "pioneer" region such as Seattle?**

*Tracey:* It has taken me about a year to realize that we are building a base, and until that base is wide enough it simply can't support a livelihood. However, I'd add that if one has a niche to

**Q.** Dear Judith,  
I am wanting to work with terminally ill patients. Is there any way I can assist them using TB?  
Hugs, Annameikke

**A.** Dear Annameikke,  
Hi there, Yes the breathing can be a very powerful tool when someone is going through their transition. The best way is to connect with the spirit of the person and work from that level. Most folks getting ready to leave have a lot of tension i.e. fear in the solar plexus so gently putting your hand there will help relax it. The most important part is to coach them to surrender and relax the exhale. They can mimic your relaxed breath and you can assist them by affirming it is safe to let go and trust. At some point the client will begin to relax and let go. This represents their ability to let go of the body and go to a higher level. Sometimes saying "Ahhh" on the exhale helps create the relaxation response that will help them finally let go. Be sure and call on their Spirit and the angels to guide them in their process and to letting go. It is really a beautiful experience to support someone going through their transition. Please be sure that if that is the situation that everyone is aligned with that intention. I hope that is helpful.  
Lots of Love and Hugs, Judith

**Q.** Dear Judith,  
I have a client who thinks she is hyperventilating whenever we do a session.  
What should I say to her.  
Love, Sara

**A.** Dear Sara,

work with, a clientele that knows you, I have seen how much easier/faster it is to incorporate TB. On a personal note because Dave and I started from scratch, TB has been our child that we have birthed in the NW so you can imagine how much attention it has taken. In this case, I have been very grateful that my business partner was also my partner in life. Yes, we have also had to learn how to take time off, from baby and all.

**Dave:** The biggest obstacle for expanding this work has always been the amount of energy and resources it takes to start when there's no real outside support for it. In some ways you could say the world doesn't care if TB exists or not when it doesn't know about it. It takes visionary type energy to hold a focus and believe in something when no one else does. Tracey and I have had many times, such as driving for four hours across the state to give an intro in a new place and have three people show up, when we looked at each other and said, "Why do we even bother?" Fortunately having each other has allowed us to persevere longer than we would have alone, and those low moments have always been tempered by those three people having amazing sessions and forming a strong connection to the work. If it were solely about making money there would absolutely be no point, but when it's about being of service, and being holders of a secret which can transform people's lives, then even just showing up and offering it is totally worth it. We think this has all been training for the bigger groups ahead.

**What is your vision for the Seattle area regarding Breath and Consciousness? What is TB capable of ultimately? Where do you see TB going in the future?**

**Tracey:** I see folks in the NW embracing the power of their breath, seeing it for the incredible tool that it is for maintaining optimal health and expanding their consciousness. I see lots of Trainers and Facilitators all working together, supporting one another along the journey. In all walks of life, Breathwork is a given versus the exception, from large corporations using it as a modality in their retreats to schools embracing it as the "safe" method for addressing their students emotional issues. The beauty of TB is that whatever anyone does with it, it will support everyone else.

I believe we have only scratched the surface of what the breath can do which is very exciting. For myself, as I integrate the powerful concepts incorporated into TB, I have come to understand that my role as a Trainer is to hold the crucible for participants to master their own consciousness. Seeing the trainings in terms of what some might call a mystery school, has helped me to understand yet another layer of how sacred the work is, and so it is even more important for me to invest in my personal practice on all levels. Indeed, we can not teach what we do not own for ourselves.

**Dave:** I see no limits on how far TB can go in the Northwest, or the planet for that matter. In the short term I'd like to see fifty active facilitators practicing in the state. Since we've gone from one to about eight in the last year, we've got a good start. The only limitation of TB is in how well we as Facilitators and Trainers can understand and express what we have to offer. Seattle has been a good training ground for me in that there's a lot of spiritually sophisticated people around, and it forces me to learn continuously from many modalities and traditions. Whether we're speaking to a recovering Jehovah's Witness or a Tibetan Buddhist, a psychotherapist or a shamanic practitioner, someone with chronic fatigue or a power yoga devotee, we must be able

This is not uncommon that when folks feel the lightheadedness that the increased oxygen brings they automatically think they are hyperventilating. In TB we are very careful not to create the stress and anxiety related hyperventilation that is an undesirable state. The most important thing we need to remember is to keep the inhale longer than the exhale and the exhale as relaxed as possible. Typical hyperventilation is when someone blows or pushes the exhale and lowers the CO2 levels, which creates an alkaline condition in the blood or commonly know as alkalosis. This is undesirable and unhealthy. Because we emphasize a longer inhale and relaxed exhale in TB the oxygen levels raise and the CO2 levels stay high as well. Instead of hyperventilating we are super oxygenating, which is a desirable and blissful state.

**Q.** Dearest Dr Kravitz,  
I have a new born baby who had complications at his birth. Has digestive problems and does not sleep very well. Would Transformational Breath help him at all?  
Sincerely, Melinda

**A.** Dear Melinda,  
Thank you for your interest in TB. In the past we have had great success in breathing newborns. The technique we use for working with babies is as follows.  
First we contact the soul or Spirit of the baby and ask permission to work with them. We then invoke the perfect session and ask for Spiritual support.  
We hold the baby so that we can put a finger or two on each side of their

transmit and model what we've learned to everyone. We all breathe in the same language.

Editor's Thoughts: Alluding to the **importance of a Partner**, their point is well taken. Especially in an area where the Pioneering efforts are toughest. A dedicated Partner not only provides another body to work the details, provide a rest during workshops, but also the support to persevere. Partnerships can make all of the difference in the face of the obstacles mentioned above. For those of you who have the fortune to hook up, I urge you to do just that. Small partner groups then can support each other through Networking (see page 9) so that Breathworkers do not exist on their own island.

Thanks very much to Dave and Tracey for sharing their thoughts with us.  
Dave -- [BreathNorthwest@hotmail.com](mailto:BreathNorthwest@hotmail.com), 206.463.1490  
Tracey -- [solielle33@hotmail.com](mailto:solielle33@hotmail.com), 206.463.1490.

### **COMMUNITY VISION IN MEXICO**

Guidance and Divine openings are paving the way for the vision and development of a Spiritual community coming into manifestation in Baja California. A large piece of land situated on the Gulf of Cortez is available and being explored to not only put the Transformational Breath Retreat Center, but large enough to create an entire self sustaining community environment, with its own green energy and waste system, organic gardens, housing, schools, and Spiritual Center with a wide range of holistic programs and experiences as well.

More information will be shared as this amazing vision unfolds. Let us all hold the image of the highest good and will to be done in this situation. Anyone wishing to contribute in any way, please contact Judith at [judithkravitz@aol.com](mailto:judithkravitz@aol.com). Many thanks.

Check out the view of the site ...



abdomen. This creates an electrical circuit that brings the breath into the lower part of the respiratory system. Their belly begins to rise when they breathe in and fall when exhale. The baby's breathing rate is faster than ours so we need to entrain with their rhythm. Before long their breath will activate and birth and other repressed traumas will begin to integrate. Many newborns after opening the lower respiratory system which supports integration, have better digestion, are more peaceful and sleep better. It would be very beneficial for your son to have a session with a trained TB Facilitator.

### *Testimonials*

Your words are more meaningful than anything we can write. If you have a Testimonial about your experience with Transformational Breathing, send it in and we will print it in our next issue. Send to: [info@breath-dynamics.com](mailto:info@breath-dynamics.com)

#### **From Marie-Therese from Montreal..**

It's been but three weeks since I received this beautiful energy. I've gone back and forth between embracing it and rejecting it. It is showing me the areas in my being that cause me suffering. It is showing me the ideals and beliefs I still uphold and defend. It is showing me my fears and griefs. At the same time it is showing me my purpose and my power, my beauty and my greatness, my Light and my Heart.

I hit bottom on the weekend. Up and down, yo-yo, getting really dizzy and

## ***TBF NEWS BRIEFS***

### **Visit Damanhur -- April 19 - 25**

The deadline for registering for the Northern Italy Magical Journeys Tour is getting closer. April 6<sup>th</sup> is the final date to register for this event. Damanhur is one of the oldest, largest and most successful Spiritual Communities on the planet. Situated on the intersection point of four of the earth's lay lines, Damanhur features one of the most spectacular underground temples on the planet. An interdimensional feat of divine magnitude the Temple of Man needs to be seen to be believed. Damanhur is believed by many to be a model paradigm of 21st Century living, featuring their own economic, social, political, educational, agricultural, artistic, and business systems all formed with spiritual intention. Being at Damanhur one feels an amazingly high energy that feels like coming home. To register for this amazing week please call TBF at 603 284-9291.

### **May Seminars**

This May the Foundation is sponsoring two week long Breath Seminars, one on each coast of the country. The success of this six day program has been so amazing that they continue to grow all over world. Both programs in May will be lead by Judith Kravitz.

The East Coast Seminar will be held **May 22-27** at the Spiritual Community of Sirius in Western Mass and the West Coast Seminar on **May 1-6** at the Mission San Luis Rey. Who do you know in your life that you would like to see experience profound transformation and healing? Please check the website for more details on the Special Events page.

### **Level IV Facilitator Trainings Scheduled**

**Two (2) Level IV Trainings** are scheduled with Judith. An East Coast series in New England, with parts 1 and 2 being held June 11-15 and August 29 - September 2.

A West Coast series will be held in Southern California, August 15 - 19 and September 12 - 16. Check the Training Schedule on [www.breath2000.com](http://www.breath2000.com) or future Newsletters for more details.

### **Products**

*Our beautiful New Hampshire mountain headquarters continues to supply you with all our great TBF products.*

New "100 Breaths" CD -- We are proud to announce that the "100 Breaths to Joy" tape, formerly referred to as the "red tape" is now available on CD format. We will continue to have the "red tape", and offer a CD as well. Cost to facilitators for 10 or more is \$ 4 per CD and retail at \$7 each.

exhausted. I wanted the dream to end. I wanted to wake up and have it all gone.

Last night I breathed myself. I felt exhausted but knew that breathing was the cure. Such laughter! Cleansing, loud, deep, true, pure joy emanating from every pore, every thought filled with it. The tone so clear and powerful it felt like it would bring the house down. And then Spirit vibrating through me. They were there, the beings of Light, holding my hands and giving me more energy. So beautiful. They moved through me like dolphins playing in the waves. Such Joy! I surrender. I embrace all of this Good. It truly is perfect. So many beautiful breathing sessions shared with others. I look forward to more, I look forward to facilitating weekends, I look forward to integrating this fully into my life. I recognize that every time I facilitate someone else, I am facilitating my self. Every time I say an affirmation to someone else, I am saying it to my self. The beings of Light are there not only for the other but also for me. The other is me. I do not understand this power, but I recognize its purity, its purpose, and my purpose with it.

### *Contact Info*

**Dr. Judith Kravitz**



Also, many new Tri-Vortex items that can be viewed on our website. We have seven different gem magnetic necklaces and a rainbow of silk, cashmere or rayon scarves. Call 603.284.9291 to find out any new product additions. While we often mail products out as soon as we receive an order, allow a week for processing, for those days when we are out of the office and attending TBF Workshops and Trainings.

### **Facilitators in Training - New Web feature**

The TBF plans to add a new section to the Website featuring, "*Facilitators in Training*". Both to help Facilitators who are working towards Certification and to provide additional resource to site visitors who seek Breathworkers in their areas. Facilitators-in-Training will have the same type of listing that Certified facilitators and Trainers now have. Submit your up to 50-word bio and a digital "passport"-type photo to Judith for approval. [breathinfo@aol.com](mailto:breathinfo@aol.com)

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### ***FACILITATOR and TRAINER INFO***

#### **Newsletter Submissions**

You are invited to submit articles for inclusion in this Newsletter. Please send your stories to [mailto:breathinfo@aol.com?subject=Newsletter submission](mailto:breathinfo@aol.com?subject=Newsletter%20submission). Judith and Steve will work out how to include your piece.

#### **Trainers Support Local Facilitators**

I am asking Trainers and Co-Trainers in various geographical areas to begin organizing regular breathing days and evenings to support not only yourselves but the local Facilitators in your area. If you are not sure who is in your area, please contact us and we will provide you with lists of Facilitators in your area. - Judith

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### ***NETWORKING DRIVE***

Let's help each other! **Link our websites** together.

If you have a website, **Judith urges you all to cross-link with other Facilitators and Trainers.** Also get cross-links with your own network of Healing-related businesses (Healing centers, Yoga studios, churches etc). This will go a long way toward spreading Transformational Breathing and other good Healing works around the world.

- 1) Check [www.breath-dynamics.com/links.htm](http://www.breath-dynamics.com/links.htm) to get an idea. Ask for a cross-link with us.
- 2) Check the TBF website's Facilitator page: <http://www.breathe2000.com/facilitators1.html> and find those who have websites. Engage in a cross-link with them.

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[http://www.breathe2000.com/  
breathinfo@aol.com](http://www.breathe2000.com/breathinfo@aol.com)

***TB Around the World***

**Damanhur Trip** April 19 - 25. See page 6.

**Facilitator Day in Holland with Judith.** July 3, 2005  
Contact Jolanda Willems. 0031-6 121 37 866 or email: [jwillems11@home.nl](mailto:jwillems11@home.nl)

***REGIONAL EVENTS and NEWS***

**Stephen Gooby** covers areas around the Southeast for workshops and local private sessions. Check [www.breath-dynamics.com](http://www.breath-dynamics.com). For Georgia, Alabama, the Carolinas and Florida, call Steve at 770.785.7051 or 609.284.1400. Email: [info@breath-dynamics.com](mailto:info@breath-dynamics.com).

Northern Florida (around Gainesville) events can be arranged by calling **Bhakti-lata Gauthier** at 386.418.3828. Email: [bhakti888@aol.com](mailto:bhakti888@aol.com)

**Julie Mackert** provides workshops in New Jersey and nearby areas in New York and Pennsylvania. Private sessions are available. Call Julie at 908.403.9183. email: [julmac2000@yahoo.com](mailto:julmac2000@yahoo.com). Web: [www.breathewithjul.com](http://www.breathewithjul.com)

Peace and Joy,

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