

# TBF E-News Supplement

W I N T E R 2 0 0 6 - 2 0 0 7 S U P P L E M E N T

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

## SPECIAL POINTS OF INTEREST:

TBF Level 4 Coaching

More on the new TBF  
Website for Facilitators

## BRIEFS

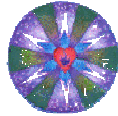
Continue your Professional  
Training with Judith this year:

There are multiple Level IV  
Series running throughout  
the year, in both the US and  
abroad.

And two Level V Trainings  
are scheduled beginning this  
November. Register early.  
Check the website for full  
Training information.

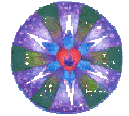
**Book Study Continues --**  
Patty Alessi invites all to a  
Monthly Book Study of  
"Breathe Deep,  
Laugh Loudly"  
by Judith Kravitz.

For more info, contact Patty  
at 631.834.7066 or  
[patriciaalessi@aol.com](mailto:patriciaalessi@aol.com)



## TBF Level IV Coaching

Now Available to All Facilitators



Dearest TB Facilitator Family,

I know this New Year has begun with an amazing flow for all of us and the blessings continue each and every day.

The last weekend in January the Transformational Breath Foundation had a debut of our new Transformational Coaching program in a powerful "Beta" weekend in Desert Hot Springs, CA.

Twenty-two (22) dedicated TB Facilitators joined Trainers, Joost Maijvis, Robert Winn, Jessica Leaf and myself as they introduced parts of the new Transformational Coaching process. This innovative new program features techniques, skills, exercises, and coaching attitudes for facilitators to be with and assist clients more effectively in finding their inner wisdom and actualizing their goals. All who attended found the program not only helpful for assisting their clients, but also personally very powerful and transformational:

"A great asset to my life and practice."

"I never knew talking to clients could be so interesting and exciting".

"This weekend changed my life and how I view things. I cant wait to share the coaching with my family and clients."

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## Facilitators and the Web

Hello Certified Facilitators and Trainers,

While the new TBF website is there for everyone, there are several pages in particular which concern you directly. You may be receiving a letter from Rox about using the new site with your professional TB practice, but let me give a brief primer.

### Training Schedule

As always, all TBF Trainings will be posted on the Training Page. All those who produce trainings will have their event posted with, of course, Judith's approval. (See Update Notes below).

### Workshop Schedule Page

This page also is available to you to post your individual events with Judith's approval. No more "on-going". (See Update Notes below).

### Schedule Data

Notice that each Schedule page is organized by month, but also has a collapsible feature so that viewers can now see more information than they had before. Please be concise but complete

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## TBF Level Coaching ... continued

The opportunity now exists for all previously trained facilitators to experience these wonderful new additions. Other new subjects included in this second week of Level IV will be Advanced Breathing Analysis, expanded Body Mapping, Anatomy and Physiology and paired breathing and coaching sessions.

Graduates of Level IV are eligible to attend this major advancement to Level IV and our facilitator tools. The normal cost for this week is \$1250. However facilitator graduates may attend for \$900, this year only.

The dates scheduled for **Level IV part 2** are **March 19-23** and **August 27-31**. Please take advantage of this great opportunity to gain new talents and be able to offer so much more in your TB work. For more information or to register please call Jessica Leaf at 760.724.6006 or email her [jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net).

Breath Hugs and Love, Judith

## Facilitators and the Web ... continued

and use the space to communicate what your audience would really want to know.

### Facilitators Page

This page lists Certified Facilitators (and Trainers). With Judith's approval, you can introduce yourself to the world as you had done before. The page is organized by US and International. And further broken down by US State or Country. When writing your bio piece, a crisp 50 - 100 words should suffice.

### How can I get the Web Updated?

Because of the extra content allowed, and the fact that the TBF is set on growing, we need to be more conscious of how our web and whole infrastructure is maintained. And this is where a new page comes in.

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## Facilitators Share

### From Phyllis Linn

Hi Judith,  
I have just been re-reading "The Abundance Book" [by John Randolph Price]. It seemed like a completely new book! I am so thrilled to be working with this core concept and to know that I am, minute by minute, more and more, coming to KNOW my connection to the Source and substance of all things.

I am excited to be able to use Katie's "The Work" (tonight's topic was "Having plenty of money would make my life more complicated"), Emotional Freedom Technique, AND Transformational Breath to deprogram myself of the erroneous and negating beliefs.

Just want you to know I'm hangin' in there and haven't missed a day yet (with the 40-day program). Now the second round...

Thanks for everything you have shared with me!  
much love,  
Phyllis

### Untitled Poem

Authored by a Watsu practitioner friend of **Robin Clements**.

Beauty has so many expressions  
In its softness, it is strong  
In its openness, belong  
When is enough, enough

In our vulnerability, we find ourselves  
tender, radiant

When do we let go of reaching  
Reaching our hands out for more  
Beauty

To draw around us  
To fill our ideas of beauty  
When is enough beauty enough  
To relax  
Enough to know that we are pure myriad beauty  
Enough to know that the beauty within  
Will sustain and provide  
That we do no longer need to collect  
Water from other wells  
To pour into our own  
Clear gurgling spring

### From Carol Shafer

Thank you. Thank you. Thank you ...for...  
Coming home with me. You are ALL here, in my living room, as I dance the Kundalini! Imagine my surprise, as I turned on "Breathe".. and you all appeared! Moving around the room.

Coming to face me... jumping in joy! Pulling in the Energy! Eyes bright! Smiles and dancing bodies that light up our Being! I am not alone, here, in this heart of the country.

Thank you for sharing this earth space and time. This experience together has imprinted me as One. Before this coming-together, "One"... was in my head. An understanding... a concept.

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## Facilitators Share ... continued

This week it was imprinted... In my Knowing. As surely as I look down to see my feet, or hold my hand up for inspection... I look out and see you... an extension of my body... a part of me.

Thank you for loving me in this beautiful place called Cabo. Clear, bright blue water. The first evening, standing sandwiched between the orange, rising, full moon on my left, the exploding surf in front of me, and the sun setting behind the mountain on my right.

My thought... "Can this be happening to me!?" It was a portent of ecstasy to come. Then, Judith appeared, saying ... "You are meant to be here. You were called together. You have purpose."

We danced in the warm sun. Stood in the center of loving hearts as we revealed ourselves, laid ourselves open for all to see, and were gathered up as in Mothers' arms... and cradled. We grew in confidence and self-worth... pushed the edge of our comfort zones ... and broke through to find our higher selves. It felt like fire-walking. I see now, beautiful Paulina... Fire Dancing... a celebration of All That We Are... Bright and dancing light... beauty in movement... Always in movement.

Dinners on the porch. Ever present Lee, smiling... tending to us. Food. Togetherness. Restfulness. Peace. A tropical breeze. And in the background... the beat of our hearts... the sound of the waves.

We have been changed. We are on a Mission. We have seen it... And cannot *un-see* it. I Accept. I Allow. I willingly step into All That Is.

Love and Light, Carol

### From Corinne Bell

Hi Again, Judi,

I wanted to provide you a report about introducing my 79 year-old father to Tri-Vortex. I had not seen my dad in 15 years (for various reasons), and went to Texas last week to visit him. I also visited for a short time with his mother, my "mammaw", who is in a nursing home at age 98, whom I'd not seen in about 27 years.

Dad told me this was the longest time we'd spent together in 42 years! I met him "where he was at" and, through teachings you & Sheryl have introduced me to over these last 2 or so years, I realized how much he had changed (which means in the classic Turn-around of Katie's "The Work," that I have changed so much, too). I didn't try to correct his thinking about things, or tell him he shouldn't feel the way he does about the past. I listened without resistance, and over the course of being there with him, we became good pals, good friends, who trusted each other to hold the space for the other to simply say what they needed to say. God Bless you, Judi, and God Bless Katie for teaching these things. I hope someday to continue to spread both of your legacies in whatever way that I can. So, now for the report ...

When he first met me to show me the way to his house way out in

the hill country on a lake (beautiful place), I could see the way he was hobbling as he walked, and felt that the way I was walking was exactly like his hobbling, so I exclaimed, "You and I walk just alike!" We chuckled over that quite a bit.

I had taken with me one of the Tri-Vortex silk scarves, the one that looked like a sunset, to use for jet-lag and body stiffness that I get with too much sitting. I'd also taken the beautiful salmon-pearls necklace (that I usually wear as a bracelet) to treat my liquids & food. The first 2 days I was there, I introduced Dad to the idea of the technology, as best I could explain it. I knew the best way was to treat his coffee, and that was all it took - he is totally "hooked" on this stuff! He says it makes the bitterness go away, leaving you to taste only the richness and more fullness of the coffee flavor itself.

On the 2nd day, noticing how stiff he complained of being every time he got up out of a chair, I told him to try sitting with the scarf underneath him, and when he got up after about 20 minutes, he said he felt a noticeable difference, saying he didn't feel as stiff in his hips - so I gave him that scarf to keep. I also will be sending him one of the credit-card sized plates (Cynthia picked one up for me in Cabo) to treat his coffee, reminding him to treat all his liquids and foods.

My dad has always been pretty open to "other-worldly" ideas, and it was so wonderful to be received and believed by him about something that I, personally, very much believe in. I'll be sending him another scarf, as well, so that he can keep them in place in his chairs that he uses to sit in much of his time now. Seems I found out where I may well have gotten some of my spinal and hip issues from (if I choose to continue to believe in that idea).

Love To You and Yours,  
-Corinne

### From Ayça, Facilitator, Turkey

Dear Judith,

How you feel since we last meet? I hope you feel better and everything is fine for you and your family. I am sure you are powerful enough to overcome the difficulties and good and bad surprises of life. This is the way you taught me.

You would be so surprised to see my life and way of thought towards life compared to my present life. I am so lucky and grateful to both you and this system cause it made a radical change in my daily life. It made me more powerful to lead my own life and to be master of myself, but a confident master.

You must be so lucky to give these positive effects on people. We can as your students are leading the same way.

Nothing in my life, money, property or repetition has given me

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## Facilitators Share ... continued

the satisfaction and joy that I had taken from this breathing system. Since I have applied this system my life has changed into positive. Moreover I am taking great pleasure and living with satisfaction to see the people's lives change into positive.

As you know I started to work after I came from Italy. I had a quick start with the clients because I know a lot of people, and I started to teach right breathing. I am trying to apply the system that you taught us. I am so impressed about this technique that it's turned out to be the only working profession that I lead now. I am not involved in any other kinds of working sector. As I have a deep training about Reiki, NLP, Life Coaching etc. it's easier for me to apply this system linking with the other systems.

I started my sessions at home and decorated my home in accordance with this system. Nevsah had been giving sessions in my home before as you know. And I believe that the home has a special energy in it.

I am also in contact with Nilgul and the other facilitators. As I am the most experienced facilitator I am sharing my views and experiences with the others. I would like to share my feedback with you later on. I have experienced special sessions I linked with astonishing results and miracles.

I miss you and hope to see you soon.  
Love, Ayça

## Facilitators and the Web ... continued

The **Facilitator Tools** page was built for you.

At the footer of every page (and on the Site Map) is a link called "Facilitator Tools". Click the link to get to the forms. This page may also be accessed directly at:

[www.transformationalbreathing.com/tools.aspx](http://www.transformationalbreathing.com/tools.aspx)

Put it in your Favorites (Bookmarks) for easy access!

### The Process

This Tools page lists forms to use to ADD, UPDATE and DELETE Trainings, Workshops, and Facilitator Information. Use of these forms, rather than casual email, will allow us to standardize more of the web content, increase accuracy, enhance appearance, reduce work, post content more quickly, and organize the data more efficiently. All content entered will be reviewed by Judith and passed to our webmaster. If content is not approved it will be returned for re-submission.

Forms fields should be self-explanatory – some are strict and validated, others are free-form for your comments and unique data.

For Trainings and Workshops, there is an "authorization code" on the form to be entered per event (in lieu of a password). The code will be sent to certified Trainers and Facilitators. If you somehow did not receive it, ask our webmaster Steve for the code as needed.

On each Form there is a "Need Help?" link, just in case you have a question.

### Helpful Hints

- ◇ Updating a Schedule? Think like a marketer! What info would you put on a flyer? You can pretty much put that same info on the schedule. Talk about the event venue, or whatever marketing copy is appropriate. You can also specify directions, how to register, what to bring, etc. Use the imagination. And ... if you have a brochure or flyer in PDF format, send it in a separate email and we'll post it within the schedule along with your event.
- ◇ Adding a Facilitator? Feel free to send along multi-lingual bios. Send any photos in jpeg format in a separate email.
- ◇ Updating a Facilitator? Identify yourself on the form but just enter the data that is to change.
- ◇ Training UPDATES are a change to the "Details" only. If you need to change the Dates, Level, or Location, then Delete the old event, and submit a new event.

### The Tools page has 2 other functions .

- 1) A Means of Distribution. Any downloadable documents or info meant for Trainers and Facilitators could be posted there by Judith or Rox if necessary.
- 2) Graphic Resources. To help with building your own sites, flyers, or other materials, we have provided logo samples (different sizes and with different color backgrounds) to use. Judith also plans to have images of herself posted if you need such pictures for promotional purposes. Please respect our "Use Guidelines".

Any trouble or questions, contact Steve at:  
[info@fountainheadweb.com](mailto:info@fountainheadweb.com)

### 2007 Level V Trainings

November 5 - 11 (Holland)

&

November 25 - December 1 (Los Cabos, Mexico)

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&

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