

News and Events

CALENDAR OF EVENTS

OYS 2009 Training DAY #2

Sunday, March 8
9:30 a.m. - 8:00 p.m.

OYS 2009 Training DAY #3

Sunday, April 19
9:30 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

7:30 p.m. - 9:30 p.m.

Thursday, March 5 **
Thursday, March 19

and

Monday, April 6
Thursday, April 23

Please arrive
to Register
by 7:15 p.m.,
if possible.

** Please be aware the
first GRBE in March

Issue: #15

March, 2009

Greetings!

In March, we experience the March Equinox, which will occur on March 20 of this year. "The March equinox marks the beginning of spring in the northern hemisphere and fall (autumn) in the southern hemisphere.



When the Equinox occurs, the sun shines directly on the equator and the length of day and night are nearly equal in all parts of the world. This happens twice a year, in March and in September." (timeanddate.com)

Think about it. On March 20, day and night will be nearly equal in all parts of the world. That's a pretty awesome occurrence in the Universe. Equality and balance are important in nature and in our own lives. It is helpful to assess what is important, more important, or most important to us and to find a balance in our lives for what we do and what we value.

If you feel you need assistance in finding clarity or balance in your life, Rebirthing BREATHWORK can help. BREATHING connects us to Life Force energy and brings about a conscious awareness that gives clarity and vision to ourselves and our relationships.

Because we are all in relationships, community is important; and our Rebirthing BREATHWORK community is not only a supportive environment, but a healing one.

The MDRBC Group Rebirthing BREATHWORK Events (GRBE's) are held twice each month. These events are open to those who have completed at least one 10 RB Session SERIES with a Professional Rebirthing BREATHWORKER (either female or male). If you'd like to participate and haven't yet completed a 10 RB Session Series, speak

has been rescheduled
to Thursday, March 5.

Newsletter Archive

If you would like to
read previous MDRBC
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please email us at

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we'll be happy to
send them to you

or go to

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Newsletter ARCHIVE
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For more information,
to register for an event,
or to schedule a
private session,
contact us at

443-433-6481

or visit our website

www.mdrbc.com

The MARYLAND
REBIRTHING
BREATHWORK
CENTER

mdrbc1@gmail.com

Working with the
Moon's Energy

with Lehano first.

Please join us for our events held monthly, and, if you feel you would like one-on-one guidance, please contact us for an appointment.

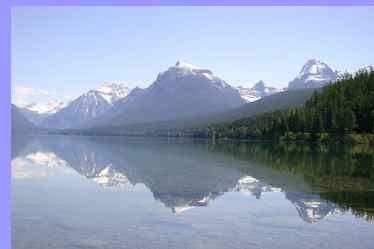
We look forward to both seeing you and hearing from you and we welcome you back to the MDRBC again, and again, and again!

Lehano and The MDRBC Staff

Abundance in Our Thoughts,

Abundance in our World !

While learning Rebirthing BREATHWORK from Lehano, I was taught the concept, "Thought is creative. I am the Thinker. I create with my thoughts my personal experience of reality." This is not a new concept, and certainly not found only in Rebirthing BREATHWORK. And, personally, I have chosen for myself to believe this concept.



Daily, the news reports that people are losing their jobs; the stock market is down; big companies are floundering; and we are living in tough times where there isn't "enough." I currently live in an area of the country said to be very depressed, where the unemployment rate is about 8.7%. Whenever I listen to the TV or radio, I hear that "there isn't enough", "times are tough", "there's not enough to go around", "people are hurting", etc. Some folks believe those are the "facts" and the truth...and they are facts, but they are not the Truth.

The Truth is...we are surrounded by abundance. As I look around where I live what nature shows me is a valley surrounded by snow capped mountains, thick with blue-green fir trees, verdant with life and absolutely gorgeous. I look out on wheat fields that, this time of year, are buried under mounds of snow. I am surrounded by abundance! It is impossible to count all the snowflakes that cover the land in two feet of snow. The number of trees on the mountains, needles on the trees or numbers of birds in the air are countless.

In doing the Rebirthing BREATHWORK with Lehano, I've also learned that what we focus on is what we attract...when we focus on the negative and lack, that's what we attract. Yet, when we focus on the positive and abundance we attract that instead. I've learned to monitor my negative thoughts and, when I become aware of them, to change my focus to what I WANT...rather than what I don't want.



Working with the Moon's energy is not part of Rebirthing BREATHWORK, yet it can be valuable in assisting us to manifest what we desire.

Focus on releasing the negatives in your life during the Waning Moon. Focus on increasing the positives in your life during the Waxing Moon.

WAXING Moon

March 1 - March 10
and
March 27 to March 31

FULL Moon

March 11

WANING Moon

March 12 to March
25

NEW Moon

March 26

As the media bombards us with the negative "facts", I encourage you to do as I've learned to do and that is to focus on the Truth instead. We ARE surrounded by abundance. The Universe provides "more than enough" and there is more than enough for all of us.

Written by Anowee- Kalispell, MT

(Anowee is a Rebirthing BREATHWORK Practitioner and is continuing advanced studies with The Maryland Rebirthing Academy (MRA). Additionally, she has a home-based business writing legal briefs for a prominent Philadelphia law firm.)

Birthdays We Just Celebrated!!!

What could be more appropriate than for our Rebirthing BREATHWORK Community to Celebrate Birthdays!



We'd like to do this each month to honor the days we chose to come into this World.

If you are having a Birthday or know of someone who is, please send us the information (just call or email) so we can join with you in wishing them a very Happy Birthday!

In March, we Celebrate a Birthday for

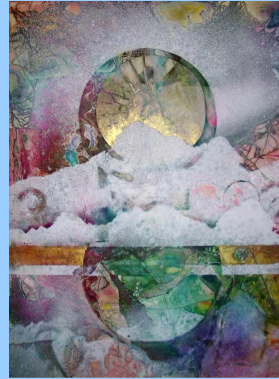
Denise Sarnoff / Anowee

***Congratulations and Happy Birthday,
Anowee!***

We're glad you're here.

Your presence is both a Blessing and a Gift to Us!

NEW ADDITIONS!



We WANT your insights, Realizations,
Stories and Creative Expressions
to share here with OTHERS.

Please Contact mdrbc1@gmail.com

if you would like to submit any of the above for the upcoming
Newsletters.