

From: Maryland Rebirthing BREATHWORK Center <mdrbcnews@gmail.com>

Subject: News from Maryland Rebirthing BREATHWORK Center

Reply: mdrbcnews@gmail.com

MARYLAND REBIRTHING BREATHWORK CENTER (MDRBC)

News and Events

CALENDAR OF EVENTS

Issue: #5

May, 2008

OYS 2008 Training

DAY #4

Sunday, May 25
10:00 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

Monday, May 5 and
Thursday, May 22
7:30 p.m. -9:30 p.m.
and

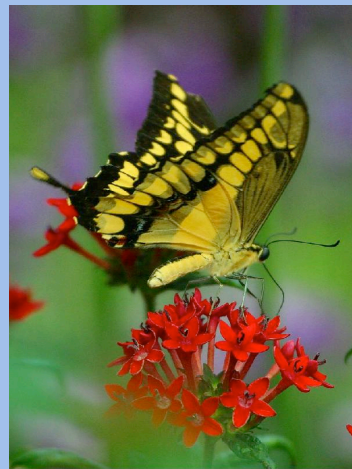
Monday, June 2 and
Thursday, June 26
7:30 p.m. - 9:30 p.m.

Rebirthing BREATHWORKER in Training Event (RBIT)

Wednesday -
Saturday,
June 18 - June 21
Training Hours Vary

Newsletter Archive

Greetings!



As we move into the month of May, it's easy to see the changes around us - the flowers are blooming, the leaves are on the trees, the grass is growing. People are looking forward to the summer and good times to come.

Wouldn't it be great to feel this way more often about our lives? It is possible! Conscious Connected Breathing is a way to bring this about.

Whether it's through individual RB Sessions or Group Rebirthing BREATHWORK Events, the power of the Breath can and does change lives. But, don't believe us, come and see for yourself! We know you, too, can experience your life blooming and growing; and you will find yourself looking forward to good times to come.

We look forward to having You join Us. Call the MDRBC to find out about RB Sessions or join us at a Group Rebirthing BREATHWORK Event. Let's celebrate May and Life's changes together!

Namaste. Lehano and The MDRBC Staff

If you would like to be sent copies of previous MDRBC Newsletters, please email us at mdrbcnews@gmail.com. We'll be happy to send them to you.

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

410-280-1740

or visit our website

www.mdrbc.com

The MARYLAND
REBIRTHING
BREATHWORK
CENTER

mdrbc1@gmail.com

Working with the Moon's
Energy



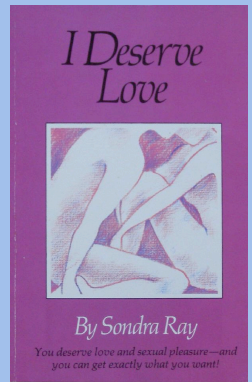
Have you been working with the Moon's energy each month? In ancient times, and

Book Review

I Deserve Love

Author: Sondra Ray

Although not in print, you can probably find a used copy on Amazon.com, half.com and other places on the Internet.



Sondra Ray's I Deserve Love is a great book to read. It is her first book that teaches the wondrous tool of affirmations. According to Sondra Ray, "It is important that you have a tool to change early negative decisions. That is what affirmations are all about and that is what this book is about."

In the introduction of this easy to read and compact workbook (128 pages), Sondra describes how her life had gotten extremely stressful which led her friends to introduce her to Leonard Orr (the founder of the Rebirthing BREATHWORK movement world-wide). What Leonard taught Sondra about affirmations changed her life and started her on the path to being the leader, teacher and healer that she is today.

Next, Sondra shares the power of affirmations and how to use them effectively to improve one's self-esteem and relationships. She also addresses the topics of loneliness, jealousy, body image, trust, negative past experiences, fears and many issues regarding sex and sexuality.

Whether you are going through a Series of 10 RB Sessions with a qualified Rebirthing BREATHWORKER, training to be a Rebirthing BREATHWORKER at the M.R.A., or are just want a source for affirmations to use, this book is a good start to learning the skill of writing your own effective affirmations.

Personally, I thoroughly enjoyed the book and learned a lot about myself as a result of reading it. I highly recommend it to anyone who wants to learn to improve their life. I trust that, should you choose to read I Deserve Love, the title affirmation will be your truth, as well.

still in some cultures today, many daily and seasonal activities are done working with the Moon's phases. One application of this can be used when gardening. For example, planting during the waxing phase of the Moon could help your plants grow stronger faster! Working with the Moon's energy is not part of Rebirthing BREATHWORK, but it can be valuable in assisting us to manifest what we desire.

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

Waning Moon
May 1 to May 4 &
May 21 to May 31

New Moon
May 5

Waxing Moon

Blessings, Ariana

Ariana is a Rebirthing BREATHWORK Practitioner and has been working with clients since 2006. She is also currently a Level II student at the Maryland Rebirthing Academy. This book is used as a textbook and is on the required reading list for M.R.A. students, Levels I - III.

HAPPY BIRTHDAY, Lehano!

Come CELEBRATE (Aaron) Lehano's BIRTHDAY with Us this month at the "KIVA" CONCERT!!!

When: SAT. MAY 17, 8:00 p.m.
Where: Old Bowie Towne Grille
8604 Chestnut Ave.
Bowie, Maryland

Join us for a fun night together in Bowie.

OUR Birthday WISH for Lehano is a vacation in Hawaii!
If you'd like to contribute to this gift, please BRING it with you on SAT, MAY 17th; make a gift donation (payment) to Aaron on PAYPAL @ starr222@comcast.net; or mail it to Aaron Starr at 1232 Youngs Farm Road, Annapolis, MD 21403.

Stepping Into a "Clearer Reality"

"As I reflect upon the various trainings I have had with Lehano (Aaron), I realize they have benefited me greatly. These trainings included One Day Trainings, Rebirthing Weekend Trainings and the One Year Seminar, in addition to numerous Group Rebirthing BREATHWORK Events (GRBE'S).

The amount of insight I received during those trainings has been of continual and increasing benefit to me. The insights I have received have allowed me in turn to help others grown, a true blessing. I continue to become more aware of limiting patterns in my life that have hitherto held me back from achieving my most important personal goals.

May 6 to May 19

**Full Moon
May 20**

**BIRTHDAY's
in
May !**



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!

This month, we Celebrate Birthdays for

**Richard Gates
May 11**

and

**(Aaron) Lehano
Starr**

His trainings provided an environment in which I felt safe to look deep within myself and see the core beliefs that were holding me back, bring them to light and consciousness, and step beyond them into a clearer reality.

Each Training I have had with Lehano has been fun, enjoyable, and challenging. He strives to bring out the best in his students, and works with them to reach beyond their limitations to achieve the goals they find personally meaningful.

If you are wondering whether or not to have an RB Session or take a training or coaching session with him, my advice is to go ahead and do it."

- H.P., Alexandria, VA

JOIN OUR MAILING LIST



May 19

*Congratulations and
Happy Birthday,
Richard and Lehano!
We're glad you're here.
Your presence is both
a Blessing and a Gift to
Us!*

[Forward email](#)

 **SafeUnsubscribe**®

This email was sent to susan20768@gmail.com, by mdrbcnews@gmail.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Maryland Rebirthing BREATHWORK Center | 1232 Youngs Farm Road | Annapolis | MD | 21403