

News and Events

CALENDAR OF EVENTS

OYS 2009 Training DAY #4

Sunday, May 17
9:30 a.m. - 8:00 p.m.

OYS 2009 Training DAY #5

Sunday, June 14
9:30 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

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

Monday, May 4
Thursday, May 21

and

Monday, June 1
Thursday, June 18

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

Issue: #17

May, 2009

Greetings!

Welcome! Welcome to our May newsletter; welcome to warmer weather and flowers blooming; welcome to Spring and new life! As we've moved into Spring, many of us have been out more, enjoying life in new and different ways. It feels good to be a part of the new life happening around us.

May is a significant month for new life. During this month, mothers and new life are honored through celebrations such as those in honor of Mother Mary in the Christian faith; Beltane, the celebration of fertility and the renewal of life, in the Pagan beliefs; and, in the secular society, Mother's Day. Mothers bring new life; and, Mother Earth supports our life every day. In reality, all of us have been mothers or taken on the role of mothers at some point in our lives - caring for those around us in "mothering" ways whether we've physically had children this lifetime or not. Mothers assist, guide, love and care whether it is for a time or for all time.

We'd like to wish all mothers a Happy Mother's Day. We thank you for your contributions, caring and support. We also thank Mother Earth for her gifts of life and support of life each day and through time.

It is important that we each learn to care for and support ourselves. Rebirthing BREATHWORK is a pure and simple technique and process available to each of us to care for ourselves; to assist us in moving through challenges in our lives, and to help us realize love for ourselves. Loving ourselves opens us to loving others and loving Life more fully.

We, at the MDRBC, are here and available for you when you feel challenged and in need of guidance and support, and when you want to share your joy with others about what is occurring for you in your life. Give us a call, send us an email. We want to hear how you are doing.

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



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

mdrbcnews@gmail.com

we'll be happy to send them to you

or go to

mdrbc.com

for our Newsletter ARCHIVE link.

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

Lehano and The MDRBC Staff

Join Us for Group Rebirthing BREATHWORK Events

Come BREATHE with us!

Breathing together is powerful. MDRBC Group Rebirthing BREATHWORK Events (GRBE's) are a great opportunity to have group support for yourself and what you want for your life.

The MDRBC Group Rebirthing BREATHWORK Events (GRBE's) are held twice each month on a Monday and Thursday evening. Be sure to check the Calendar of Events in our newsletter or on the MDRBC website (mdrbc.com) for specific dates.

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 with Lehano first.

Please arrive between 7:00 p.m. - 7:15 p.m. to register and settle in. GRBE's start at 7:30 p.m. and end about 9:30 p.m. You may want to bring a yoga mat, blanket and bottle of water.

Our GRBE's for May will be on Monday, May 4 and Thursday, May 21. We'd like to have you join us!

Breath is Divine





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

May 1 - May 8
and
May 25 to May 31

FULL Moon

May 9

WANING Moon

May 10 to May 23

NEW Moon

May 24

Recently, a friend of mine inquired about Babaji's Divine presence. In my response, I felt compelled to write, not only about Babaji, but about the the Breath, and the connection of Spirit Divine with Us, as human Beings, through the Breath.

I'd like to share my thoughts with you here.

Breath is Divine

Life as we know it in the human body is dependent on the Breath - Breathing in and Breathing out. Breathing involves inhaling and exhaling - inspiration and expiration.

Webster's Dictionary defines Inspire as: to influence, move, or guide by divine or supernatural inspiration; to exert an animating, enlivening, or exalting influence on; to breathe or blow into or upon; to infuse (as life) by breathing; to communicate to an agent supernaturally; to draw forth or bring out .

Our Breath is our Life, our connection with Spirit. Our Breath is our Teacher, our connection with Ourselves. We can learn about ourselves in the present, past and future by being aware of our Breath and by Breathing - how it changes and why, and by just allowing the Breath. When we Breathe, we share Breath with all living things on our planet. We Breathe with the whales and dolphins of the oceans; with the deer and fox in the forests; with the butterflies and birds in the air; with the blades of grass and leaves on the trees; and with every mother, father and child. When we Breathe Consciously and Connectedly, we Breathe Together, inhaling and exhaling in one cycle, one spiral of Breath and Life. For me, when we Breathe Consciously and Connectedly, there is an awareness of our connection and our presence through Time and Space. This awareness, assisted by Divine Spirit Love, is what enables us to heal on the deepest levels of our Being.

I am grateful to Creator/Spirit/ Source for the gift of Breath. I am grateful to Babaji for his presence. I am grateful to Leonard Orr, Sondra Ray, Aaron Starr / Lehano and others for being inspired, for listening to the Source, and for spreading the practice of Rebirthing BREATHWORK. I am grateful to Lehano for following his quest in Life and for his dedication to Service that has brought him here to us. And, I am grateful to have been brought to this time and space to experience and learn about the Breath and BREATHWORK. I am grateful for the healing that has occurred for me through Breathing and with the caring, assistance, guidance and skill of Lehano.

Breath is Divine. Breath is Life. Life is Divine!

Blessings,
Ani

Artwork in the Greeting



(Ani is a Rebirthing BREATHWORKER in Training and is a student at the Maryland Rebirthing Academy.)

This beautiful picture is titled, "New Beginnings" and depicts new beginnings and life force. The mother goddess passes on the breath of life, the vital, life-sustaining force of living prana as the child is birthed into this plane of existence.

Hearts formed of golden spirals carry the energy of deep love to this new beginning.

The artist is Francene Hart, an internationally recognized Visionary Artist. She utilizes the wisdom and symbolic imagery of Sacred Geometry, reverence for nature and our interconnectedness to All That Is. Her work acts as a bridge between this reality and dimensions of healing and transformation. She is artist and author of the Sacred Geometry

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.

BIRTHDAYS 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!

In May, we Celebrate a Birthday for

Aaron Starr / Lehano

Congratulations and Happy Birthday,

*We're glad you're here.
Your presence is both a Blessing and a Gift to Us!*

***Come Celebrate Lehano's birthday
with Us as Community!***

It's an Hawaiian Style Potluck Party!
Sat., May 16, 6:00 p.m. - 10:00 + p.m.
at Casa Bella, Greenbelt, MD
r.s.v.p. to ani20768@yahoo.com

Mother Meera

Just as I was introduced to Babaji by Lehano, I was also introduced to Mother Meera by Lehano. I would like to share her with you in this newsletter in honor of Mother's Day and also in honor of Lehano for his birthday because Mother Meera is dear to his heart.

Blessings,
Ani



"The Divine Mother has always been worshipped as the sustaining soul and force of the universe. Although some of the faces that she wears are well known - the Virgin Mary, Kali, Isis, for example - many of her embodied forms have chosen to work quietly in the world." (*Answers, Mother Meera*)

Mother Meera was born in India and currently resides in Germany. She is believed by many to be an Avatar - an incarnation of the Divine Mother. Her presence in the world today and her unique gift is to make available the radically transformative Light of Paramatman, the Supreme Being. Mother Meera bestows this on devotees through her Darshan, her silent blessing of grace and Light.

Words from Mother Meera:

"Be like a child - clear, loving, spontaneous, infinitely flexible and ready each moment to wonder and accept miracle."

"The good qualities of the mind can be endlessly expanded. You must be open more and more, always become more and more loving, more and more peaceful, more and more balanced, more and more harmonious."