

News and Events

CALENDAR OF EVENTS

Issue: #6

June, 2008

OYS 2008 Training DAY

#5

Sunday, June 22
10:00 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

Monday, June 2 and
Thursday, June 26
7:30 p.m. -9:30 p.m.
and
Monday, July 7 and
Thursday, July 24
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

Dear Susan

Much has been happening at the MDRBC in the last month - it's been an exciting time! We've had Group Rebirthing BREATHWORK Events and reestablished connections with several friends who have returned after an extended absence. We've had another OYS 2008 Training DAY and continue to grow in our sense of community family here. And, we've met and established community with new friends, both in the local area and on a larger, global scale.



In January, we spoke about our intention to have the MDRBC reach people on a global level and to welcome new participants to our events and new members to our community.

We saw this manifesting in February with contacts from Africa and England and it has continued. This past month, we welcomed our newest friends from Japan and in Peru. We look forward to hearing about Lehano's humanitarian/healing journey to South America.

We welcome you to the MDRBC and look forward to having you join us...again and again and again.

Namaste. Lehano and The MDRBC Staff

Book Review

If you would like to read previous MDRBC Newsletters, please email us at mdrbcnews@gmail.com

and 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

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Working with the
Moon's Energy



The Moon's energy is part of the cycle of Life. Taking note of what phase the Moon is currently in, we can align our thoughts and intentions with it's

This month, as I thought about the MDRBC Newsletter and what I might read in it, I thought about the book review section. Who would give a book review this month? What new things would be said? And, then I thought, "If I were to give a book review, which book would it be?" Yes, I've read both of the books that have been reviewed in the Newsletter and I've read others, but what came to mind were my own books - the notebooks I keep with notes from my MDRBC One-Day and Weekend Trainings, the OYS 2007 and OYS 2008, and the sessions I've had.

I have taken notes and kept "records" of what my thoughts and experiences were and what Lehano has shared with us. I have found each of the Trainings and Sessions I've been a part of to be really significant and valuable for my personal growth, development and healing. I've also found that reviewing what I have written in my notes is not only a valuable practice, but a revealing one. Reviewing my notes a few days after an MDRBC event reminds me of what we learned or discussed. It helps me to focus on what I want to work on or change and reminds me of any "homework" that was suggested. Reviewing my notes some time during the month allows me to stay focused with my intentions and helps guide me through whatever process I'm in. I find I often feel surprised when I review my notes at the end of the month or sometime later and realize how much I've accomplished, changed or healed! What a great way to see my own progress!

I thank Lehano for his guidance in encouraging me to write about my experiences. Before I started Rebirthing BREATHWORK, I didn't find writing about my experiences very important. Now, I realize the importance of communicating with self and supporting self. I find that writing and reviewing my thoughts, feelings and experiences is a key component to communicating with myself.

I wouldn't want or intend for others to review my notebooks - just their own. I believe what each of us has to say in our own private notebooks is as valuable as any well-known author - maybe more. So go ahead, read your notebooks again or start writing one and reviewing it from time to time. I sincerely hope you, too, will surprise yourself with all the progress you will be making.

Namaste,
Susan

Susan has been a member of our Community since fall 2006. She is a student of Lehano's at the MRA and will be attending the Rebirthing BREATHWORKER Training this month.

powerful energy. The Moon's energy affects everything on our planet including tides, people's moods, even when babies are born.

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

June 1 to June 2

June 19 to June 30

New Moon

June 3

Waxing Moon

June 4 to June 17

Full Moon

June 18

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BIRTHDAY's in June!



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

Karen Breslin

and

Lynne Schubert

*Congratulations and Happy Birthday,
Karen and Lynne!*

We're glad you're here.

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

HAPPY FATHER'S DAY!



All of us at the MDRBC wish a Happy Father's Day to all fathers, especially those in our community.

Fathers have such an important influence on their children's development. May each of you help your children to grow in Love and Light. Thank you for all your caring and efforts.

New Additions

We welcome your insights, realizations, stories and creative expression. Please contact mdrbc1@gmail.com if you would like to submit any of the above for the upcoming newsletters.