

News and Events

Issue: #18

June, 2009

CALENDAR OF EVENTS

OYS 2009 Training DAY #5

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

OYS 2009 Training DAY #6

Sunday, July 26
9:30 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

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

Monday, June 1
Thursday, June 18

and

Monday, July 6
Thursday, July 23

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

Greetings!

Happy June! Happy Father's Day!

Last month, we celebrated Mother's Day. This month, we celebrate Father's Day. In all of nature, there is a balance, a Yin and Yang, the female and male energies. Both female and male energies are required to create life. No person is here just by the creation or influence of one gender. And, so, it is equally important that we honor the fathers in our lives. As human Beings, on very deep levels our personalities need the presence of our fathers. Many of us have been blessed with loving, caring, very present fathers. We would like to express our thanks for all fathers, for all those who have shared the role of father, and for all fathers who have gone before and will come in the future. Fathers are part of Creator's great plan.



Through Rebirthing BREATHWORK, we become more consciously aware of Creator's plan for each of us. With each BREATHWORK session, our conscious awareness of our connection with Spirit is heightened. We are also able to heal on many levels of our Being and within many relationships. How we relate to ourselves and with members of our family can and does change in more loving, accepting ways. In Rebirthing BREATHWORK, we recognize that healing starts within ourselves and in the context of family. The Rebirthing BREATHWORK Community is just that, an extended family where we all can find love, support, and healing.

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!

Lehano and The MDRBC Staff

Leonard Orr, Founding Father of Rebirthing BREATHWORK

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please email us at
mdrbcnews@gmail.com

we'll be happy to
send them to you

or go to

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Newsletter ARCHIVE
link.

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

443-433-6481

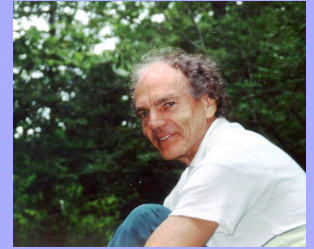
or visit our website

www.mdrbc.com

The MARYLAND
REBIRTHING
BREATHWORK CENTER

mdrbc1@gmail.com

Leonard Orr was born in Walton, New York in the late 1930's. During his teen years, he became a "born again" Christian. He attended seminary with plans of becoming a preacher. However, while in school, Leonard said he felt a calling to be a minister in a different way. Pursuing this feeling of a calling and some of his curiosity about life, Leonard pursued other forms of self-enlightenment.



In 1962, Leonard Orr had a profound experience after staying in a sauna far beyond the recommended 20 minute time period. This led him to experiment in his bathtub to recreate the experience. While in the water, he had frequent flashes of memories of being in the womb or being born. Leonard began sharing about his experiences of having womb and birth memories with others. More people became curious with Leonard's discoveries and wanted to experience the same for themselves. Leonard then created "Theta House", the first Rebirthing Center to accommodate the growing interest in Rebirthing. People began breathing with a snorkel in the hot-tub to see if they could stimulate womb memories. While observing people breathing with a snorkel in the water for extended periods, Leonard noticed that a certain breathing rhythm would occur, which led to the start of the Rebirthing Breathwork technique out of the water.

Leonard Orr developed the theory of the "5 Biggies", which later became "9 Biggies" - the 9 most limiting "human consciousness factors" that people experience either from life or through life. He also taught that "Thought is Creative".

Leonard Orr traveled to India on several occasions and spent time with Babaji, who taught him more about the Breath and Immortality.

Lehano studied Rebirthing BREATHWORK from Leonard Orr in the early 1980's. Rebirthing BREATHWORK is now recognized world-wide.

Working with the
Moon's Energy



Bhole Baba,
"Simple Father"



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

June 1 - June 6

and

June 23 to June 30

FULL Moon

June 7

WANING Moon

June 8 to June 21

NEW Moon

June 22

Babaji's Words

A tribute to Babaji, the "Simple Father",
and in honor of all fathers
as we celebrate Father's Day this month.

"Baba" means Father in the sense of "God"; "ji" is a suffix reflecting respect and love.

"Bhole" means "Simple". In this sense, "Simple" means encompassing all.

You may have heard the phrase "Bhole Baba ki Jai". This means, "Glory to the Simple Father".

Babaji was acknowledged by many as Shiva Mahavatar Babaji, the eternal manifestation of God in human form.

Babaji's recent physical manifestation was between 1970 and 1984, when He appeared in a holy cave at the foot of the Kumaon Mount Kailash in a remote village called Haidakhan. Many people from all over the world have been drawn to Babaji through extraordinary events, dreams and visions, and are receiving His Blessings.

Babaji urged people to "follow the religion that is in your heart." He said "every religion leads to the same divine goal" and that he had come to revive the eternal and ageless religion, the Sanatan Dharma: the three basic principles which are Truth, Simplicity, and Love. He emphasized constant repetition of the ancient Maha mantra OM NAMA SHIVAYA -- "Lord, Thy Will be Done", and to live in harmony in selfless service to humanity. (babaji.net)

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



"Om Namah Shivaya"
written by Babaji

"I am everywhere,
I am in Your
every breath."

"Seek the
consciousness that
"WE ARE ALL ONE".
I have come
to show you
unity beyond duality."

"I have come to
remove the division
between all religions.
I have come to
unite people
regardless
of their origin.
There is only one
humanity."

"All perfection and
every divine virtue
are hidden within you.
Reveal them
to the world."

"Wisdom, too, is
already within you.
Let it shine forth."

"Kindle the Light
in yourself; then
kindle it in others
- one by one."

(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 June will be on Monday, June 1 and Thursday, June 18. We'd like to have you join us!

BIRTHDAYS 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 'Arrival Day' each of us 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 June, we Celebrate a Birthday for

Karen Breslin
Nuta Chennareddy
Teresa Locklear
Lynne Schubert

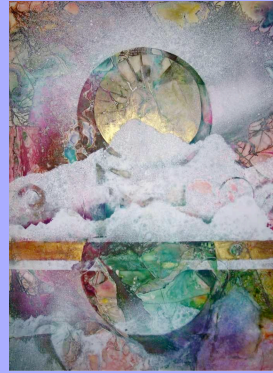
*Congratulations and Happy Birthday,
Karen, Nuta, Teresa, and Lynne!*

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

NEW ADDITIONS!

"I am nobody
and nothing.
I am only like a mirror
in which you can
see yourself."

"Let your life
be that of the rose;
in silence, it speaks
the language of
fragrance."



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.