

News and Events

CALENDAR OF EVENTS

OYS 2008 Training DAY #6

Sunday, July 13
10:00 a.m. - 8:00 p.m.

OYS 2008 Training DAY #7

Sunday, August 3
10:00 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

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

Monday, August 4 and
Thursday, August 21
7:30 p.m. - 9:30 p.m.

Newsletter Archive

Issue: #7

July, 2008

Greetings!

This month marked the anniversary of Independence Day for the USA. This is often a time for community and fireworks, picnics and family.

This month also marked a new independence for the MDRBC. The location in Annapolis has been passed on to new occupants and Lehano and the MDRBC have moved on. Events are still being scheduled and planned. Locations will be announced via email as we approach the scheduled date(s). At present, the MDRBC is truly being held within the community - we are open to having events in appropriate locations as they are offered. If you have some space available and would like to host an event, or if you know of available space, please let us know.

We hope you do spend time with your family celebrating both Independence and togetherness this July. And, we hope you spend time with our MDRBC community, as well. We would love to have you join us for our Group Rebirthing BREATHWORK Events. We'd love to hear how YOU are doing!

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



Guru Purnima - Honoring The Masters

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

443-610-3761

or visit our website

www.mdrbc.com

The MARYLAND
REBIRTHING
BREATHWORK
CENTER

mdrbc1@gmail.com

During this month, a special day is celebrated in the Hindu culture. "The day of the full moon in the Hindu month of Ashad (July-August) is observed as the auspicious day of Guru Purnima, a day sacred to the memory of the great sage Vyasa. This ancient saint brought sacred teachings to the Hindu people.

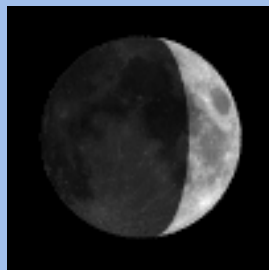
"Guru" is a Sanskrit term meaning "teacher". A Guru is a teacher of spiritual wisdom, literally, one who guides others from darkness to light. In India and Tibet it means one at a very high level of consciousness." (www.reike.nu)

Guru's are true masters of what they teach. And, their teachings are shared for the purpose of enlightenment and liberation of their students.

We'd like to take this opportunity to thank the special teachers, guides and Guru's who have shared their wisdom with us for our enlightenment. Among these special souls are Leonard Orr and Sondra Ray, the founders of Rebirthing BREATHWORK, who brought the technique of Conscious Connected Breathing combined with the other tools of Rebirthing BREATHWORK to us and to the world. We'd also like to honor our own teacher and guide, Lehano, for his lifetime of devotion to the healing of others and his commitment to the practice of Rebirthing BREATHWORK.

Blessings and Thanks to All True Masters for their Support and Guidance of Us on our paths.

Working with the
Moon's Energy



Working with the Moon's energy is not part of Rebirthing BREATHWORK,

BIRTHDAY's in July!



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
July 1 to July 2
July 19 to July 30

New Moon
July 3

Waxing Moon
July 4 to July 17

Full Moon
July 18

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.

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 in our community 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

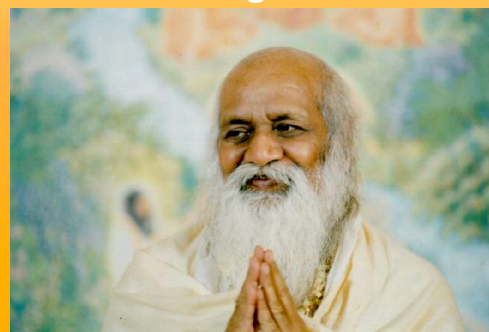
Rita Ortiz

*Congratulations and Happy Birthday,
Rita!*

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

Quote from Maharishi Mahesh Yogi

(One of Lehano's
Great Teachers)



"When a man has risen to cosmic consciousness, then his state is like that of an ever-full and steady ocean. This state of absolute bliss is the goal of all desires in life."

