

News and Events

Issue: #19

July, 2009

CALENDAR OF EVENTS

OYS 2009 Training

DAY #6

Sunday, July 26

9:30 a.m. - 8:00 p.m.

OYS 2009 Training

DAY #7

Sunday, August 23

9:30 a.m. - 8:00 p.m.

Group Rebirthing

BREATHWORK

Events

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

Monday, July 6

Thursday, July 23

and

Monday, August 3

Thursday, August 20

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

Greetings!

Happy July! Happy July 4th!
Happy Guru Purnima!

July 4, Independence Day, is a big holiday here in the U.S. It's a great day for families to spend time together - sharing meals, games, and fireworks!

Spending time with family is important. Showing love for each other in family is important to our Beings - the adults within us and the child-selves within us.

We hope the time you share with family and friends this holiday weekend will be happy. And, if you choose to have a quieter weekend on your own, we hope that you find the quiet space you may be seeking. Learning to love ourselves and honor our own needs is perhaps the most important thing we each can do. Sometimes, this may mean time on our own, at other times, it may mean being with others.

Guru Purnima is also celebrated in July on the Full Moon. Guru Purnima is a day that honors Gurus - enlightened spiritual masters. Throughout history, human kind has been graced with Gurus to teach us, guide us, help free us from ignorance and darkness, and to help us know from within what is truly right for us as individuals and as human Beings.

We, at the MDRBC, are in support of what is right for you. We are here to join with you in celebration of life, and, we are here for you when you feel you may need support or guidance in more challenging moments.

Give us a call, send us an email. We want to hear how you are doing. And, if you've completed a series of 10 Rebirthing BREATHWORK sessions, please join us for the Group Rebirthing BREATHWORK Events (GRBE's) held twice each month.

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

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

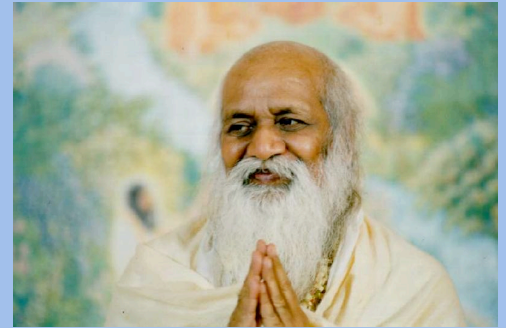
www.mdrbc.com

The MARYLAND
REBIRTHING
BREATHWORK
CENTER

mdrbc1@gmail.com

Working with the
Moon's Energy

Guru Purnima is a day celebrated each year in honor of Gurus - spiritually enlightened masters. It occurs on the most auspicious Full Moon in July, which represents the Fullness of Light/ Consciousness that the Guru holds and reflects for others.



This is a particularly special Guru Purnima. This Guru Purnima ushers in a new, profound energy to enlighten the world. On this day, there will be rare Goddess energies sweeping the earth plane which can help each person transform their life for the better. The Goddess energies are "Prana" or "Life Force" energy that exists in all things. By tapping into this energy, one can gain clarity and power to manifest what is for one's highest good.

Guru Purnima originated as a day in honor of the great sage Vyasa, the ancient Hindu saint who edited the four Vedas, wrote the 18 Puranas, the Mahabharata, and the Srimad Bhagavata. On Guru Purnima, spiritual seekers and disciples perform Puja's (prayer ceremonies), and celebrate with sacred songs, meditations and joyful events.

The Guru is a Self-Realized Master, in total service to God (in humanity). A true Guru is a transmitting medium, a transporting agent, and transparent embodiment of the Divine Grace and Compassion, the focal point of the timeless eternity and finite time. . . a true Teacher illumined by the Light of True Knowledge. Those who honor the Guru are also honoring the One SELF of ALL, which some call GOD. For some the Guru is the fast track to GOD and Self Realization and for those that don't feel inclined, God has



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

July 1 - July 6
and
July 23 to July 31

FULL Moon

July 7

WANING Moon

July 8 to July 21

NEW Moon

July 22

provided other paths. All true paths lead to the same Goal, but the time and energy to get there varies.

If you feel inclined to honor Guru Purnima on this Full Moon and to participate in the ushering in of the new, profound energies being made available to this world, we offer this famous verse from the Guru Gita:

"Guru Brahma Guru Vishnu Gururdevo Maheshwaraha, Guruhu sakshaat Parambrahman tasmai Shrigurave namaha."

Guru is Brahma, Vishnu and Shiva, veneration to the Guru who has manifested as Parabrahman.

Light a candle, say a prayer, bring your conscious awareness to the Source of your wisdom and be open to receiving Light and Blessings for your highest good.

Lehano studied with Maharishi Mahesh Yogi, whose spiritual master was Guru Dev. We give honor here to both Maharishi Mahesh Yogi and Guru Dev, and to all the true spiritual masters and enlightened teachers.

Thank you, Lehano, for sharing their teachings with us.
Jai Guru Dev.

(The photo in this article is of Maharishi Mahesh Yogi.)

**Celebrating Life, Liberty and
the Pursuit of Happiness!**

REBIRTHING BREATHWORK and HEALING

One of the most amazing experiences I've had, since learning Rebirthing BREATHWORK - Conscious Connected Breathing six years ago happened during my recent surgery.

I was told by my gynecologist that I needed a hysterectomy for good reason and so, about 4 weeks later went to have the surgery. The amazing thing that happened was that between my coming out of the anesthesia after the surgery and the doctors administering pain medication (morphine) there were about 3-5 minutes where I experienced all the pain of my surgery. Many people don't have any techniques or methods to deal with their pain. Six years ago I was given a wonderful technique to help me handle ANYTHING. . . Rebirthing BREATHWORK. Doing that breathing technique helped me to "feel" the pain instead of resist or "fight" it. As I breathed, I told myself

Isn't that what the Fourth of July is about? I've thought about that and, although, I recognize the significance to our nation of this date, I also recognize that each day can be, and actually is, an opportunity to celebrate Life, Liberty, and the Pursuit of Happiness. I am also aware that the thought that each day is a celebration and an opportunity to celebrate Life, Liberty and the Pursuit of Happiness comes from a healed place within me - a more "freed up" place.

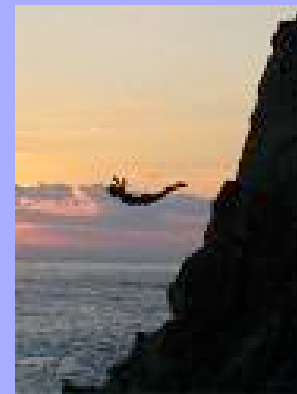
I remember in my past, before I met Lehano and started Rebirthing BREATHWORK, I really struggled with feeling happy. On the outside, I may have looked happy and acted happy, and on the inside, I knew I wasn't. I knew I needed things to change for me. There were times in my past when I couldn't even remember what happiness felt like. And, I felt like I didn't even know how to "pursue" happiness; I didn't know how to get there. Life, for me, wasn't happy.

When I first heard about Rebirthing BREATHWORK, I didn't know what it was about. What I did hear about it sounded vague and confusing and I didn't know if it would help me. And, yet, I knew I needed something. I felt like I had tried many different healing modalities, self-help books, prayers, doctors, and medicines for years, and still felt like I was struggling in the same ways with the same things. After hearing about Rebirthing BREATHWORK, I remember thinking, "Well, I'll try it, what do I have to lose? I've tried everything else." And so, I started sessions with Lehano.

From those first 10 sessions, I was able to find the courage to make major changes in my life, the courage to free myself from where I was mentally, emotionally, and physically. After that, I could focus on what would make me happy and how to get there. I realized that while I was going through such big changes in my life I would need support and so I continued my sessions and I joined the One Year Seminar Training (OYS) - and, I focused on what would make me happy and how to pursue that. I remember feeling so excited about creating a life where I could be happy every day! I remember feeling like I was running - leaving the old, stuck, existence behind - and running with so much enthusiasm toward my new life. I remember feeling like I was running toward a cliff and jumping off, but it didn't feel scary. In fact, it felt exciting! I felt like I was jumping off that cliff with arms extended to greet Life and see what I could create with it! And, Life became a celebration for me!

I am grateful every day for what I have learned and for the progress I have made. I recognize I still have further to go, but I now know a lot more about how to get there. And, I also know what to do when those moments occur that leave me feeling lost or desperate - I practice Rebirthing BREATHWORK on my own, and I am always willing to have another session.

Will I ever get to a point when I feel like I don't need sessions? Maybe, maybe not. Life happens, Healing happens. I know that Life and Healing happen in Family, not just on my own. So, for me, I recognize there is a



to just allow all the sensations I felt and to not resist them. When I did that, the overwhelming pain receded for moments at a time. My doctors told me "how to" breathe, but what they told me wasn't helping me, my previous Rebirthing BREATHWORK training was. I was delighted and impressed when I discovered how effective using my breath was to help release me from that suffering. I continued to breathe connectedly all that day to also handle the lesser pain sensations (even on the morphine) and to allow my body to have enough oxygen to heal faster.

*The result. . . my nurses and my doctor were amazed at how *fast* I healed, was capable of moving around, and taking care of myself. Less than 24 hours after the surgery, I was able to get out of bed and walk.*

I am truly grateful to Lehano, Leonard Orr, Sondra Ray, and Babaji, for sharing this technique, process, and these understandings with the world. I am also

need for family, for others not just in happy times, but for help, support, and Healing. I know the Rebirthing BREATHWORK Community is a Family. I have an OYS Family - three of them, in fact. I know I have the love and support of "Family". And, I recognize the importance of the support and guidance a skilled Rebirther can give me in a session. I recognize sometimes I can't do it on my own, and I'm not supposed to.

As for now, I know I am in a better place - a more "freed up, liberated state". Those words, "Life, Liberty, and the Pursuit of Happiness", have a more powerful meaning for me. They feel more personal now. And, I do intend to celebrate - Every Day!

Blessings,
Ani

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

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 July will be on Monday, July 6 and Thursday, July 23. The first GRBE, July 6, will be a special time to honor all Guru's - Spiritual Masters, as it coincides with Guru Purnima, and to participate in the new, profound Life Force energies that are being conveyed to the earth at this special time in history.

We'd like to have you join us!



grateful to all my friends and my Rebirthing BREATHWORK Community who sent me love, healing energies, and support. I know it made a huge difference for me in my successful surgery and recovery. Thank you!

*Blessings & Love,
Ariana*

(Ariana is a graduate of the Maryland Rebirthing Academy and a Rebirthing BREATHWORK Practitioner in Bowie, Maryland.)

BIRTHDAYS IN JULY !

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 July, we Celebrate a Birthday 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!

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.