

News and Events

CALENDAR OF EVENTS

OYS 2008 Training DAY #7

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

OYS 2008 Training DAY #8

Sunday, September 14
10:00 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

Monday, August 4 and
Thursday, August 21

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

and

Monday, September 8
and

Thursday, September
25

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

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Issue: #8

August, 2008

Greetings !

It's August already! The summer seems to be going by fast. We hope you will take time during your busy schedules to enjoy yourselves and your families. And, we also would like to have you join us at one of the MDRBC Group Rebirthing BREATHWORK Events scheduled for August or September. These events are a great time to release stress and worries and to reconnect with yourself and others within our community. We are here for you - to support you with Group Rebirthing BREATHWORK Events or private sessions. We encourage you to make use of these excellent opportunities for personal growth and development.



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

443-433-6481

or visit our website

www.mdrbc.com

The MARYLAND
REBIRTHING
BREATHWORK
CENTER

mdrbc1@gmail.com

Rebirthing in the New Age

Authors: Leonard Orr and Sondra Ray

For anyone who wants to know about the beginnings of Rebirthing BREATHWORK and to learn a bit about its founders, Leonard Orr and Sondra Ray, **Rebirthing In the New Age** is a fantastic book to read. The book also has provocative chapters about Physical Immortality, Your Perfect Weight and Money in Abundance.

Written in 1977, it predates the movie, The Secret, and is a how-to book regarding actively creating your life by discovering and changing your negative limiting thoughts. It encourages people to be authors of their own lives rather than just being spectators in the game of life!

Sondra Ray and Leonard Orr co-authored this easy to read book and Sondra's writing style reflects such enthusiasm about her experiences that I found it fun to read. This book is not just for Rebirthers - it's for anyone interested in having a better life!

Anowee

Anowee is a Rebirthing BREATHWORK Practitioner at the MDRBC and has been working with clients since 2006.

Working with the
Moon's Energy



This August is considered to be an unusual month of lunar cycle because it is a

BIRTHDAY's in August!



month with two new moons - one on August 1 and the second on August 30.

In a month where there are two new moons, the second new moon is called the "black" moon. The time period of the black moon is considered to be especially powerful.

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.

New Moon
August 1 and
August 30

Waxing Moon
Aug 2 to Aug 15

Full Moon

For this month's birthday recognition, we thought we would highlight someone who has been an inspiration to others. We found that Mother Teresa, the Humanitarian Nun who worked in India, was born on August 26, 1910. She celebrated her birthday on August 27, the day she was baptized.

After joining a religious order, Mother Teresa was sent to India to work. She founded a religious order in Calcutta called the Missionaries of Charity that operates hospitals, schools, orphanages, youth centers and shelters. It now has branches in 50 Indian cities and 30 other countries.

During her lifetime, Mother Teresa was awarded the Nobel Peace Prize (1979) and, after passing from this life, she was Beatified by the Pope. Mother Teresa's life work was for the betterment of others and in support and service to others. She had a great and positive influence which still continues today.

Each moment, whether we are aware of it or not, our own presence has an influence in the world. And, we all have the power to have a great and positive influence. We all can make a difference in people's lives and in the world each day, whether it's with a smile, a kind word, or a positive thought!

Together, we are even more powerful. Together, we *can* change the world. Together, we *can* make a difference.

If you are working on a special project to make your world or another's a better place and would like support, let us know by emailing mdrbc1@gmail.com. When appropriate, we're glad to share your activities with our readers. Also, keep in mind, our Group Rebirthing BREATHWORK Events provide the opportunity to breathe together and support each other with the group energy created.

New Additions

August 16

Waning Moon

Aug 17 to Aug 29

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

