

News and Events

Issue: #20

August, 2009

CALENDAR OF EVENTS

OYS 2009 Training DAY #7

Sunday, August 23
9:30 a.m. - 8:00 p.m.

OYS 2009 Training DAY #8

Sunday, September 20
9:30 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

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

Monday, August 3
Thursday, August 20

and

Monday, Sept. 7
Thursday, Sept. 24

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

Greetings!

August is here! And, although the summer is a time for many of us to relax and enjoy family vacations, there is more to the "meaning" of August. The Zodiac sign for August is Leo, representing leadership, strength, and pride.

Each of us in some way or ways is a leader. Each of us has strengths that are unique to us and that are blessings to ourselves and to others. It is also important for us to have healthy pride meaning feeling "good" about ourselves for our accomplishments, skills, developments and achievements. We make a distinction here between "unhealthy" and "healthy" pride, understanding the importance of having "healthy" pride and feeling good about ourselves. By simply acknowledging ourselves in this way, we give to ourselves "joy"...the joy we've always deserved.

This month may be a good time to reflect on the leadership and strengths you bring to others and what that means to you and... feel proud of yourself, too, for your special talents, qualities and skills that you've learned and developed. In short... it's a time to shore up your "healthy pride". You deserve a "lion's share" of it. Acknowledging oneself adds to one's joy!

What are the leadership roles you take on? Do you care for others in some way - as a mom or dad, as a friend, as a supervisor or co-worker? Being a leader in the care of others is also being "in Service" to others. Do you realize and recognize the love and service you provide to others each day? It's important to recognize our contributions of love and service - it is a part of who and what each of us are in this world.

We, at the MDRBC, are here in service to 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!



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

BLESSINGS BY AMMA

In July, I was blessed to attend a special event in the Washington, D.C. area - the Darshan from Mata Amritanadamaya Devi, or, as she is more commonly known, Amma, the Hugging Saint. The event happened on Saturday, July 11 - Monday, July 13 and I was there on Sunday evening and Monday evening. Each of the days' events included special prayers and music, but more importantly, a special blessing - Darshan- by Amma. Amma's Darshan is given through a hug from her - all are welcome to receive. The ceremony was beautiful, filled with devotion, and continued through the night until the early morning.



The person known as "Amma" (Hindu for 'Mother') was born in 1953 in India and named "Sudhamani" by her parents. She was born with a beaming smile on her face and "spent her childhood and teens immersed in intense spiritual practices and service to others in order to present a living example for the world. Even as a small child, she could often be found absorbed in deep meditation, totally oblivious of her surroundings. By the age of five, she had already begun composing devotional songs laden with deep mystical insight." As a child, she showed great love and compassion toward others, often giving away food and clothing from her own home.

"'Amma' as she is known all over the world today, has inspired and started innumerable humanitarian services. She has earned international recognition for her outstanding contributions to the world community. She is recognized as an extraordinary spiritual leader by the United Nations and by the people all over the world.

For the past 35 years Amma has dedicated her life to the uplifting of suffering humanity through the simplest of gestures - an embrace. In this intimate manner Amma had blessed and consoled more than 25 million people throughout the world.

Once a press reporter asked Amma how was it possible for her to embrace each and every one in the same loving way, even if they were diseased or unpleasant. Amma replied, " When a bee hovers over a garden of varied flowers, what it beholds is not the difference between the flowers but the honey within them. Similarly Amma sees the same Supreme Self in each and every one." As Dr. Jane Goodall, while presenting Amma with the 2002



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

Aug. 1 - Aug. 5
and
Aug. 21 to Aug. 31

FULL Moon

August 6

WANING Moon

Aug. 7 to Aug. 19

NEW Moon

August 20

Meteor Showers in August

Gandhi-King Award for Non-violence said, " She stands here in front of us. God's love in a human body.""
(<http://www.amma.org/amma/index.html>)

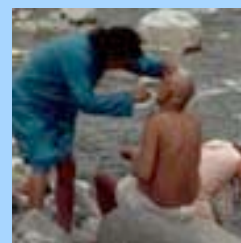
I feel grateful and blessed to have been with Amma on both Sunday and Monday nights and to have received Darshan. And, I truly look forward to the next time I can be in her presence. I am aware that my experience with Amma has changed each day of my life. I have brought her presence and her teachings into my consciousness, just as I have Babaji in my consciousness each day.

I am grateful for the true Spiritual Masters and Beings who are present to guide us on our paths.

Blessings and Namaste,
Ani

**A Message in Common -
Love and Service**

I know that, through the MDRBC newsletter, we have mentioned and shared about great spiritual Beings. To me these Beings hold great significance and meaning. I also recognize that each person has a right to and does honor who and what they choose, and that some may choose not to recognize or honor these same spiritual Beings. Whether one chooses to recognize these spiritual Beings or not, it is significant to realize that the messages of these spiritual Beings are often similar regarding Love and Service:



Babaji - "Find God and goodness in every face. Love and serve all Humanity." Babaji's Message: Truth, Simplicity, Love, and Service. "Love is the essence of all things; "love is God, and God is love." Living your life based on "truth, simplicity, and love" requires that you have a sense of unity and harmony with the Universe and yourself. If you are in alignment with the Eternal Law, you are living the truth."

Amma - "The Divine is present in everyone, in all beings, in everything. Like space it is everywhere, all pervading, all powerful, all knowing. The Divine is the principle of Life, the inner light of consciousness, and pure bliss-----. It is our very own Self."

Mother Meera - "When you know that you are eternal you can play your true role in time. When you know you are divine you can become completely human. When you know you are one with God you are free to become absolutely yourself. If we know how to love, we can love each other

During the month of August, the Perseids, a prolific meteor shower associated with the comet Swift-Tuttle can be observed. The Perseids are so called because the point they appear to come from lies in the constellation Perseus.

Meteor showers occur when Earth moves through a meteor stream. The stream in this case is called the Perseid cloud and it stretches along the orbit of the Comet Swift-Tuttle. The cloud consists of particles ejected by the comet as it passed by the Sun. Most of the dust in the cloud today is approximately a thousand years old.

The Perseid meteor shower has been observed for about 2000 years, with the first known information on these meteors coming from the Far East.

The shower is visible from mid-July each year, with the greatest activity between August 8 and 14, peaking about August 12.

and may also love the Divine. Love comes spontaneously and has no rules and regulations."

Guru Dev - "He alone is the best devotee who sees his Adored One everywhere. Perceiving omnipresence of the Adored One alone can eliminate the discord of all opposing feelings. This very thing is the firm basis of permanent formation. And this also is the means of permanent peace in this world and the other."

Maharishi Mahesh Yogi - "Attend to your own inner health and happiness. Happiness radiates like a fragrance from a flower and draws all good things towards you. Allow your love to nourish yourself as well as others."

Mahatma Ghandi - "I am endeavoring to see God through service to humanity, for I know that God is neither in heaven, nor down below, but in everyone."

Mother Teresa - "Go out into the world today and love the people you meet. Let your presence light new light in the hearts of people."

Buddha - "You yourself, as much as anybody in the entire universe, deserve your love and affection."

Jesus - "Love your neighbor as yourself."

I see the messages here to have the common theme of Love - Love of self, Love of Divine, Love of others, And, because there is Love, there can be Service to Self, Service to Divine, and Service to others. Love sees the Divine is All, Love sees what is common in all, Love sees the Source in All.

In seeing what is truly "common" in all of us, I recognize that all living Beings Breathe. We can live for several days without water or food. We can only live for moments without Breath. Breath and Life-Force Energy are connected and present in all living things. If we all have, contain, and live by Breath and Life-Force Energy, we all have atleast that in common and we all have the Source of that in common.

I choose each day to see the Life-Force connection in each living Being. I know that I have issues and pain I need to overcome and heal - That's why I have come to Rebirthing BREATHWORK - for that healing to be facilitated and occur. But, ultimately, I realize that my purpose on this earth is to love and serve Creator and, therefore, all living Beings, as part of I AM, and that I Am part of the All.

In Love and Service,

Ani

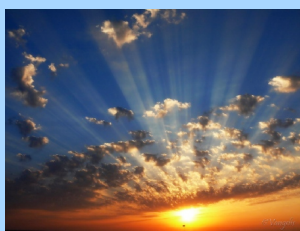
(Ani is a Rebirthing BREATHWORKER in Training and is a student at the Maryland Rebirthing Academy.)

PRAYER FROM AMMA

*"O Divine Spirit,
do You see me here?
May your starry hands
shower grace
upon me.*

*Blissful, oh beautiful
is your Divine World!
Lift me to your world
of a million twinkling
stars!"*

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.

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 August will be on Monday, August 3 and Thursday, August 20.

We'd like to have you join us!



BIRTHDAYS IN AUGUST !

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.

We are unaware of any August birthdays of our Rebirthing BREATHWORK Community members. 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!

And, if you are having a birthday in August, we wish you Blessings and Joy, much Celebration and Love.

Happy August Birthday!