

News and Events

CALENDAR OF EVENTS

OYS 2008 Training DAY #8

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

OYS 2008 Training DAY #9

Sunday, October 26
10:00 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

Monday, September 8
and

Thursday, September
25

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

Monday, October 6
and

Thursday, October 23
7:30 p.m. - 9:30 p.m.

One DAY Training
Money and Prosperity
Saturday, October 18
10:00 a.m. - 6:00 p.m.

Newsletter Archive

Issue: #9

September, 2008

Greetings!

September is the time for Labor Day and "Back to School". It's a time when we feel like the summer has ended and it's back to work.

Labor Day was made a federal holiday in 1894 in an effort to recognize and celebrate workers' rights. The meaning of the word "labor" is "that which requires work to accomplish it"; "mental or physical work or exertion." (Dictionary.com).

The word "labor" is very much associated with the birth process that all humans go through. For both mother and baby, the time of labor and delivery are very much a time of mental and physical work and exertion.

For those of us involved with Rebirthing BREATHWORK, we recognize the importance of the birth process in our development as human personalities and we recognize the healing that Rebirthing BREATHWORK allows us to have as we address our own birth and life events.

As we come to the end of our summer and turn full attention to the work at hand, we at the MDRBC recognize the labor each of you make in your daily lives. We also recognize and celebrate each individual and the accomplishments each individual has made since "making it through" the birthing process.

We offer you a place to come and rest and regenerate from the labors of daily work. Please contact us at mdrbc1@gmail.com to schedule private Rebirthing BREATHWORK sessions. And, please, join us for our Group Rebirthing BREATHWORK Events each month.

We welcome you to the MDRBC and look forward to having you join us...again and again and again.



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

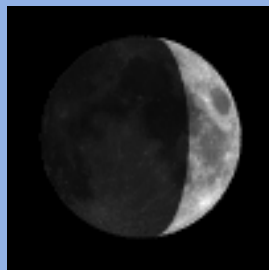
or visit our website

www.mdrbc.com

The MARYLAND
REBIRTHING
BREATHWORK
CENTER

mdrbc1@gmail.com

Working with the
Moon's Energy



September 22 is known as the Autumnal Equinox. On this day, "the

Namaste. Lehano and The MDRBC Staff

ONE DAY TRAINING "Money & Prosperity" Saturday, October 18, 2008

Did you know, every day you make thousands of powerful decisions, including how much prosperity you are going to let in? Your thoughts, beliefs, attitudes, and expectations profoundly influence the results you are getting in your life.



Most of us have many limiting beliefs about money that actually cause us to struggle in our financial life. Wouldn't it be wonderful to more easily LET IN all the money we want and need?

In this One DAY Training facilitated by Aaron (Lehano) Starr, limiting thoughts and attitudes about Money and Prosperity will be addressed and each participant will be given the opportunity and techniques to change those limiting thoughts and attitudes and actually attract Money and Prosperity into their lives.

Do you sometimes feel like you work too hard for too little pay, you'll never get ahead, there never seems to be enough money or everybody else seems to have it easy but you? Now, you can start creating a different future by clearing the limiting thoughts and starting to live with new Prosperity thoughts!

Do you find this hard to believe? Well, what if these concepts really are true? What if you really can have positive, permanent change in your life? Don't believe us, come and see for yourself! Decide to change your life now!

**One DAY Training "MONEY AND PROSPERITY"
BEGIN a NEW WAY of INCREASING MONEY and PROSPERITY
IN YOUR LIFE!**

**When: Saturday, October 18, 2008, 10:00 a.m.- 6:00 p.m.
Where: TBA
Cost: \$150**

**To Register or for more information CALL: 443-433-6481
or Email mdrbc1@gmail.com**

Payable On-line at mdrbc.com or by Cash or Check

Sun can be observed directly over the Earth's equator and the centre of the Sun will spend a nearly equal amount of time above and below the horizon at every location on Earth" (Wikipedia). This means that the length of the day and the night will be balanced.

This is a good time to think about the "balance" in our lives. We can focus on balance on a small scale - Do we eat too many sweets, do we drink too much coffee? And, we can focus on balance on a larger scale - Do we have enough of the support we want in our lives, do we honor ourselves enough?

Once we decide what we want to change in our lives - either through increase or through decrease, we can use the Moon's energy to

Please make your check payable to "Aaron Starr" and mail it to: Aaron Starr, P.O. BOX 313, Greenbelt, MD 20768

Labor Day / Birth Day Transitions

September is a time of transitions - the transition from vacations to back-to-work and the transition of seasons from summer to fall. For me, having a birthday in September makes this month a time for transition from one birth year to another.

As a Rebirthing BREATHWORKER in Training, I have become aware of events, patterns and beliefs that I have had in my life resulting from thoughts and impressions I formed as a very young Being at and around the time of my birth. As a client of Lehano's, I have learned that "Thought is Creative and I am the Thinker". In the past, I haven't looked forward to or enjoyed my birthday because negative thoughts and patterns would get in the way of that each year.

I am grateful for Rebirthing BREATHWORK and the guidance of Lehano that has enabled me to learn about these patterns in my life and where they came from. And, I am grateful that I have learned that I can and do change my experiences and my life because I am the Thinker and Thought is Creative. I *like* that I can choose a "Higher Thought", that I can think about what I want to be in my life and then make it happen. That's the power of positive thinking. But, I have also learned that positive thinking doesn't work fully and permanently without clearing negative thoughts and impressions taken on at a very early age. I am grateful that Rebirthing BREATHWORK provides a way to do this clearing.

This year, I was honored with a surprise party for my birthday. Many friends from the MDRBC and our Rebirthing BREATHWORK Community helped to make my birthday feel special to me and I am thankful for that gift.

This year, I've also given myself a gift. In honor of myself and my birthday, I am asking people in our Community to call me "Ani" or "Analiese" instead of "Susan". This is a name I have received psychically and spiritually and I now choose to use it each day. I welcome you to call me Ani (pronounced Ah-nee) or Analiese (pronounced Ah-na-lees). And, I thank you for assisting me in becoming what I want to be and what I feel is right for me.

I am truly glad that I now feel empowered enough to make positive changes in my life and create the life I want. Thank you for your

assist us.

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.

Waxing Moon

Sept 1 to Sept 14
and

Sept 30 to Sept 31

Full Moon

September 15

Waning Moon

Sept 16 to Sept 28

New Moon

September 29

NEW ADDITIONS!

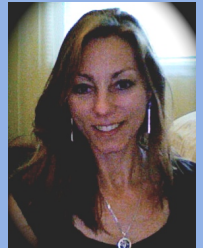
support with this and for co-creating my/our reality together.

And, there's one more thing I feel happy to say.....

"Happy Birthday, Ani!"

Blessings,
Analiese

Ani is a Rebirthing BREATHWORKER in Training and has been a member of the MDRBC Community for the past 2 years.



BIRTHDAY's in September!

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 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

Susan Burk (Analiese)

and

Anna Snodgrass (Ariana Lightningstorm)

*Congratulations and Happy Birthday,
Analiese and Ariana!*

We're glad you're here.

Your presence is both a Blessing and a Gift to Us!



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