

News and Events

CALENDAR OF EVENTS

OYS 2008 Training DAY #9

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

OYS 2008 Training DAY #10

Sunday, November 16
10:00 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

Monday, October 6
and

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

Monday, November 3
and

Thursday, November 20
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: #10

October, 2008

Greetings!

October's name comes from the old Roman calendar and means the "eighth month". It wasn't until January and February were added at the beginning of the calendar that October was "bumped" to be the tenth month.



In Numerology, the number 10 represents new beginnings and going beyond what has been created to experience higher reality - a new "self". These new beginnings at another level can be likened to moving from one octave to another - like moving from the notes Middle C to High C on a piano keyboard. The month of October holds for us fullness and completeness, as well as new beginnings.

In Judaism, beginning at sundown on September 29 through sundown on October 1, Rosh Hashanah, the Jewish New Year is celebrated. It is a time of completing and beginning. Yom Kippur, the day of atonement, purification and fasting begins at sundown on October 8 and ends at sundown on October 9. Through this spiritual purification, one can reach a higher reality - a new "self" that is more consciously connected to the Creator.

In the Hindu tradition, Navaratri, which begins on September 30, is celebrated through October 8. This is a time to honor the Divine Mother in all her forms.

In the Christian faith, All Hallows Eve, a day of prayer for departed souls, is observed on October 31 - the evening before All Saints Day on November 1. These observances

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For More Information

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

bring to mind the ending of life as we know it here and the attainment of holiness and presence with the Divine that is possible.

And, in the Celtic tradition, Samhain is celebrated at this same time - the end of autumn and, more importantly, the end of the old year and the beginning of the new. It's the Celtic New Year's Eve.

The month of October seems to hold a fullness, completing and beginning anew for many traditions. It is a time of completing and renewing the cycle of life and honoring the Divine in Creation.

This October, we hope you will take the time to allow for fullness in your life. Take the time to Breathe and to honor the Divine in You. Breath is somehow connected with Spirit. Rebirthing BREATHWORK allows us to connect to Spirit in a healing and fulfilling way.

Please contact us at mdrbc1@gmail.com to schedule private Rebirthing BREATHWORK sessions. Join us for the special I-DAY Training on Money and Prosperity on October 18. 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.

Namaste. Lehano and The MDRBC Staff

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



The month of October is a time of completing and new beginnings. Why not take time this month to focus on fullness and completeness in your life. Decide what you want to have completed or fulfilled and focus your energy there. Or, send thanks to the Universe for successful completions and the opportunities and Joy presented with new beginnings.

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.

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 Paid in Advance

\$175 Paid at the Door

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

Focus on increasing the positives in your life during the Waxing Moon.



BIRTHDAY's in October!

Waxing Moon
Oct 1 to Oct 13
and
Oct 29 to Oct 31

Full Moon
October 14

Waning Moon
Oct 15 to Oct 27

New Moon
October 28

October is the birthday month of two famous people who brought change to the world, Mahatma Gandhi (October 2) and Bishop Desmond Tutu (October 7). Mahatma Gandhi was a "major spiritual leader of India and the Indian independence movement. He inspired movements for civil rights and freedom across the world." (Wikipedia) Bishop Desmond Tutu is "a South African cleric and activist who rose to worldwide fame during the 1980's as an opponent of apartheid. In 1984, Tutu became the second South African to be awarded the Nobel Peace Prize." (Wikipedia)

Both these men dedicated their lives to putting an end to injustice and oppression and to bringing about freedom and peace for others. In this tenth month of the year, a month of endings and new beginnings, we can see in these two men's lives how change can start with just one person and spread out to affect the world.

Each of us, in our own lives, can affect change. It starts with an inner change, a shift, a healing, a decision to make or see things differently. When change is made on the inner level, it results in changes in behavior, in how we perceive and react to things or how others perceive and react to us. Our goals and intentions may not be to change others, but as we change others are affected.

Rebirthing BREATHWORK enables us to make positive, permanent change in our lives by providing us with the tools to do so. As we create better lives for ourselves, we naturally have a positive influence others.

We each are more powerful than we realize and each of us is important in this world. What we do does make a difference. In the words of Mahatma Gandhi, "Be the change you want to see in the world." Start by making a new beginning for yourself this October. Choose one thing in your life you'd like to see change for the better and Breathe.

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