

# News and Events

Issue: #22

October, 2009

## CALENDAR OF EVENTS

### OYS 2009 Training DAY #9

Sunday, October 18  
9:30 a.m. - 8:00 p.m.

### OYS 2009 Training DAY #10

Sunday, November 15  
9:30 a.m. - 8:00 p.m.

### Group Rebirthing BREATHWORK Events

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

Monday, Oct. 5  
Thursday, Oct. 22

and

Monday, Nov. 2  
Thursday, Nov. 19

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

Greetings!

October is here! This month, there are several festivals observed throughout the world - the Moon Festival in Asia, Diwali in India, Thanksgiving in Canada, Halloween in the U.S., and Samhain in Pagan communities.

The Moon Festival and Thanksgiving celebrate the harvest; Diwali celebrates the victory of good over evil, the lifting up of the spirit from darkness into light; Halloween celebrates the lives of the saints and remembers the dead; and Samhain is the time when ancestors and spirits of those passed come home to celebrate the harvest with loved ones.

These festivals celebrate the harvest and a return to the Light. They also recognize the spiritual presence of things beyond us and a connection of spirits through time and space.

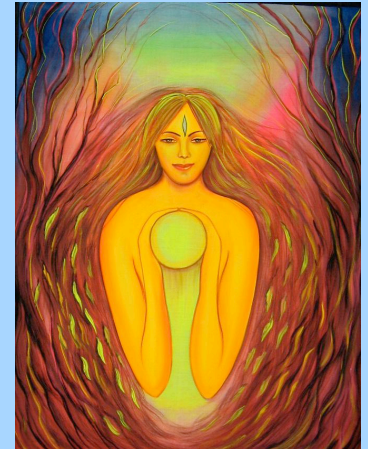
This October, take some time to be aware of the harvest around you, the abundance of good things, and the blessings in Life. Take some time to honor those loved ones who have gone before us. Without our ancestors, we would not be here today. Celebrate Life as it moves in its cycles. Seasons, ages, lives, even breathing occurs in cycles.

We, at the MDRBC, are here in service to you. We are here to support you during the good times and challenging times.

Stay in communication with us; we would like to know how you're doing. Give us a call, send us an email. We want to celebrate Life with you!

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

Peace

Lehano and the MDRBC Staff

(artwork from Andy@UniversalUV.com)

## KARMA - A TIME OF HARVEST

October is known as the end of the growing season and the time of harvest when fruits, grains, and vegetables are gathered in abundance. What is planted in the spring is harvested in the fall. The harvest is a result of the Earth giving to us, and it is also a result of thoughts and actions taken earlier in the year.



And so it is with Karma. According to Wikipedia, "Karma is understood in the Hindu religions as the result of thought and action or deed. It is the consequence to our past thoughts and actions - the harvest of what we sowed in this life or past lives. It is a cycle of cause and effect."

I have heard people saying they have "good Karma" or that some action may be "bad Karma". The way I see it, the "good" or "bad" is really associated with the thought or action - whether it is or was positive or negative. The Karma is simply the resultant energy that will come back to the originator as a result, or "harvest", of that thought or action.

I feel comforted to know that everything in this world goes in cycles - the Circle of Life. I feel a promise for the future with that realization - that Life will go on and be renewed and refreshed. In this cycle or Circle of Life that we move through, it's good to be aware that our thoughts and actions have consequences and results on others and on Nature itself; and that we, as originators of those thoughts and actions, also experience consequences and results.

Though having "good" Karma feels good, having "bad" Karma doesn't. Are we stuck with "bad" Karma? Can we overcome "bad" Karma?

Some believe that the way to overcome "bad" Karma is to choose higher thoughts, hold higher thoughts. do good when you can.



Working with the Moon's energy is not part of the Rebirthing BREATHWORK process, yet it's 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.

New Moon is a good time to start or begin a project.

#### WAXING Moon

Oct. 1 to Oct. 3  
and  
Oct. 19 to Oct. 31

#### FULL Moon

October 4

#### WANING Moon

Oct. 5 to Oct. 17

#### NEW Moon

October 18

"Tibetan Monks use Prayer Wheels to purify themselves and the entire world of its accumulated negative Karma. Inside each prayer wheel is a paper or some other medium (such as microfilm) on which a mantra has been inscribed many times over. Typically the mantra is OM MANI PADME HUM. In English this means "the jewel in the lotus of the heart"; it is a reference to the hidden spark of divinity within each of us.

<http://www.serve.com/cmtan/buddhism/Lighter/GoodKarma/index.html>

For those of us who don't carry Prayer Wheels, world-renowned Zen Master, Seung Sahn, said the way to stop accumulating negative Karma and reverse negative Karma is by loving unconditionally without asking for anything in return and through loving unconditionally, to give unconditionally without asking for anything in return, not even a "thank you".

Seung Sahn shared, "Love is unconditional. Only giving, only giving, just as this earth, this universe, gives us everything.

Every day we breathe in, breathe out. Nobody pays money for that. Living in this world, food is very important, clothes are very important, a house is very important. For all these things we must pay money. If for only ten minutes you do not breathe, you die. But no one says "Thank you very much" for their air.

The universe always gives us this air. This air has no hindrance, it connects with everybody, not just human beings. The air connects with trees and animals and sky. We are all connected by this breathing in, breathing out. When you sleep, when you're awake, whether you have good thinking or bad thinking, you breathe in and breathe out. Always. If you stop, you die. So this much is given to you, this air. This is love mind. Think about it.

Air, fire, water, earth - the four elements. The universe takes these elements and makes your body. That's your life's root. Correct roots. Nowadays, human beings don't understand their roots. "I go to the factory, I make money, so I make a living. I don't have to believe in God, I don't owe the universe anything. What's the big deal? I have money, I take care of myself." This style of thinking. We have all forgotten our human roots. If you have no air, no ground, you cannot stay alive.

The whole universe is only giving, giving to you, We call that unconditional love. It has no condition. So you must also give to this universe. Loving and helping this universe is necessary."

Seung Sahn was one of the first Korean Zen masters to settle in the United States. He opened many temples and practice groups throughout the world. (<http://www.kwanumzen.org/primarypoint/v02n3-1985-summer-dssn-thisuniversegivesuseverything.html>)

In this season of Harvest, I wish for All of Us an Abundance of Good and an Opening of Heart so we may all Love Unconditionally.

## NEW ADDITIONS!



We WANT your insights, Realizations, Stories and Creative Expressions to share here with OTHERS.

Please Contact [mdrbc1@gmail.com](mailto:mdrbc1@gmail.com)

if you would like to submit any of the above for the upcoming Newsletters.

## BIRTHDAYS IN OCTOBER !



What could be more appropriate than for our Rebirthing BREATHWORK Community to

Blessings,  
Ani

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

## DIWALI - The Festival of Lights

The celebration of Diwali starts on October 17 this year. It is a very important holiday in India.

"It's the festival of lights (deep = light and avali = a row i.e., a row of lights) that's marked by four days of celebration, which literally illumines the country with its brilliance and dazzles all with its joy. Each of the four days in the festival of Diwali is separated by a different tradition, but what remains true and constant is the celebration of life, its enjoyment and goodness.



From Darkness Into Light - the Light that empowers us to commit ourselves to good deeds. In each legend, myth, and story of Deepawali lies the significance of the victory of good over evil. During Diwali, lights illuminate every corner of India and the scent of incense sticks hangs in the air, mingled with the sounds of fire-crackers, joy, togetherness and hope." <http://hinduism.about.com/od/diwalifestivaloflights/a/diwali.htm>

Even if this holiday is not your tradition, you, too, can take part if you wish. What if we all - each member of our community, society, world - took a few moments on October 17 to light candles, sit quietly and think about the joy and goodness in our lives; what if we all, at those moments, chose to think the highest thoughts about people and situations in our lives....Do you think it would have an effect? I do....

Take a few moments, "light a candle, sit quietly, shut your eyes, concentrate on the Supreme Light and illuminate your Soul."

## LESSONS ON IMPERMANENCE, SERVICE, AND INTENTIONS FOR THE WORLD

## Celebrate Birthdays!

We do this each month to honor the 'Arrival Day' each of us chose to come into this World.

This month, we are unaware of birthdays within our Community to include and celebrate in our newsletter, so we thought you might enjoy knowing of the birthdays of some people who have made a significant difference in this World through their thoughts and actions.

October is the Birthday Month for:

Mahatma Ghandi - October 2

Bishop Desmond Tutu - October 7

Eleanor Roosevelt - October 11

Deepak Chopra - October 22

This past week on campus at the University of Maryland, Tibetan Buddhist Monks from the Drepung Loseling Monastery set up a table and created a sand mandala.

The event started with a service to dedicate their time and efforts, and then construction began. The table was put together, the board was placed on the table and the mandala was drawn. Then 20 colors of sand were dropped grain by grain through funnels to form the intricate design. The monks worked in service, 3 or 4 at a time, bent over the mandala table for more than 24 hours over 4 days to complete the mandala.



Several years ago, I had the privilege to be of support and service to monks from this same monastery when I lived in the Salisbury area. I learned a lot during that week. I learned how the process of the mandala is done - that it takes 10 years of training before a monk is allowed to work on the mandalas; that they memorize each design and the placement of colors; and that they constantly, but silently, chant mantras and prayers while working on the mandalas.

Once the mandala is finished, a closing ceremony is held and the sand is swept from the table. Half is distributed to those people who have chosen to attend the ceremony. The other half is taken to a nearby body of flowing water and poured in. This is done as a lesson on impermanence - that all things of this world are temporary in the cycle of Life; but also that, in releasing the sand from its form, the goodness it held is also released into the world. It is believed that the prayers and intentions that were held and recited during the creation of the mandala are held in the sand so each person who receives the sand is receiving those intentions and prayers. The sand that is released into the water is carried down current. The intentions and prayers from the creation of the mandala are carried and distributed as the water and sand make their way to the ocean and out into the World.

The mandala this week was the Mandala of Indestructible Energies for Healing and Protection. The healing and protection was for the Earth and all Beings present on the Earth - for protection from natural disasters and epidemic dis-eases, to heal the natural elements of the Earth, and to bring in more Balance and Harmony.

I have felt that experience I had in being of support and service to the monks a few years ago changed my life. It was truly a gift to spend time with such dedicated, spiritual, gentle souls. I have remembered them often. Since

Each person is born into this World to make a difference - and we each do change the World in our own ways.

Choose to make a positive difference in your own Life and the lives of others.

Celebrate Life each day!

If you are having a Birthday or know of someone who is, please send us the information (just call or email) so together we can wish them a very Happy Birthday!

***Congratulations and Happy Birthday, to All who were born in October. We're glad you're here.***

***Your presence is a gift and does make a difference!***

moving to the Western Shore a couple years ago, this is the second time I've seen monks from the same monastery. I have looked for my friends each time, but they were not there. I was told when working with them, that they would only be here for 1 year and then they would return to the monastery in Tibet and different monks would be sent. They are "cycled" through tours for 1 year as part of their service to the World.

I am thankful for my experience with these gentle souls, and I am reminded, again, of the impermanence and cycle of Life. Change happens, no thing remains the same. I am also reminded of the goodness in this World, that there are Beings in service dedicated to creating Good and Healing; and that our intentions and prayers are very powerful.

In Gratitude and Service,  
Ani

## 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, usually on the first Monday evening and the third Thursday evening. Be sure to check the Calendar of Events in our Newsletter or on the MDRBC website ([www.mdrbc.com](http://www.mdrbc.com)) for specific dates.

These events are open to those who have completed at least one 10 Rebirthing BREATHWORK (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. It is recommended that you bring a yoga mat, blanket, and bottle of water.

Our GRBE's for October will be on Monday, October 4 and Thursday, October 22.

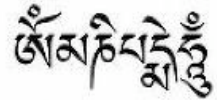
We look forward to you Breathing with us.



## OM MANI PADME HUM



"Tibetan Buddhists believe that saying the mantra (prayer), Om Mani Padme Hum, out loud or silently to oneself, invokes the powerful benevolent attention and blessings of Chenrezig, the embodiment of compassion. Viewing the written form of the mantra is said to have the same effect -- it is often carved into stones and placed where people can see them.



Spinning the written form of the mantra around in a Mani wheel (or prayer wheel) is also believed to give the same benefit as saying the mantra. Mani wheels, small hand wheels, and large wheels with millions of copies of the mantra inside, are commonly found in the lands influenced by Tibetan Buddhism."

<http://www.dharma-haven.org/tibetan/meaning-of-om-mani-padme-hung.htm>