

News and Events

CALENDAR OF EVENTS

OYS 2008 Training DAY #10

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

OYS 2008 Training DAY #11

Sunday, December 6
10:00 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

Monday, November 3
and
Thurs., November 20
7:30 p.m. - 9:30 p.m.
and
Monday, December 1
and
Thurs., December 18
7:30 p.m. - 9:30 p.m.

Newsletter Archive

Issue: #11

November, 2008



Greetings! !

In our society, the big holiday in November is Thanksgiving. It's a time for family and friends, get-togethers and good food! It's a time when our thoughts are focused more on what we are grateful for in our lives. It's a tradition in some families to take turns at the Thanksgiving dinner table to say one thing they are grateful for in their lives.

What if each of us were to live our lives every day with more emphasis on what we are grateful for. What if we all changed our focus to take on an "Attitude of Gratitude"! We know thinking positive thoughts creates happier feelings, so we can raise our vibrational level by thinking happy, positive thoughts. If we hold "The Law of Attraction" to be true, then we also hold that "like attracts like" and we attract what our energy is focused on. So, if we focus our energy on what we are grateful for, we will have **more** to be grateful for!

We are fortunate to have a wonderful community of people who support each other's goals and intentions for only good in our lives and who rejoice with us when wonderful things occur for us.

If you have felt challenged by events that have occurred for you; if you feel like you've struggled with certain things and just can't seem to change them, please consider contacting us at mdrbc1@gmail.com to schedule private Rebirthing BREATHWORK Sessions. And, if you've already completed a Series of RB Sessions, please come to our Group Rebirthing BREATHWORK Events (GRBE) that are held twice each month.

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

or go to

mdrbc.com

for our Newsletter Archive link.

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

We encourage you to Change your Thoughts - take on a "Attitude of Gratitude" and see more "blessings" happen in your life!

We welcome you to The MDRBC and look forward to you being with us...again and again and again.

Namaste. Lehano and The MDRBC Staff

1-DAY TRAINING "Money & Prosperity"

IT'S WORKING !!!



Stay tuned to hear about exciting results and experiences from our 1-DAY Training "Money & Prosperity" in our December, 2008 newsletter!

Join Us for Anowee's "Au Revoir" PARTaY!

Friday, November 14, 2008
7:00 p.m.
at Casa Bella
34K Ridge Road
Greenbelt, Maryland 20770
410-603-8083

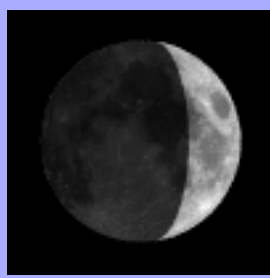


Anowee's on the move ---> moving...to Montana!

Please join us in saying "*Au Revoir*" to Anowee. A Pot-Luck dinner in her honor will start at 7:00 p.m. on Friday, November 14 at Casa Bella. Please bring either a dinner dish or dessert dish you would like to share with Anowee and others.

We hope you will be with us on November 14 to show our love and support for Anowee and give her our best wishes and blessings as she moves into this next part of her life's journey.

Please R.S.V.P. to Susan20768@gmail.com



MDRBC Community NEWS - - - Anowee's Farewell

As I'm preparing to return to Montana, where I was born and raised, I have been reflecting often upon the past 5 years and all that's transpired for me. I was guided to my Teacher, Lehano, in 2003, and I am profoundly grateful for the incredible blessings that I received as a result of learning from him, working with him, living with him and being taught by him. He has been, and continues to be, a precious gift of inestimable value in my life. I could tell story after story of life-changing experiences and awareness's that I've had over the past 5 years, but this note would be too long for our Newsletter! Suffice it to say that I am changed and my life has changed, and all for the better.

I've also thought a lot about the community that I co-created for myself here, and how grateful I am for each of you and your presence in my life. I have been so blessed and inspired by your love and light, your humor and courage, your persistence and commitment and especially by your friendship. Thank you each and all for ALL you've given me. May you be blessed a hundred fold! I AM blessed, and I thank you. I am loved. I am safe. I am enough.

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
Nov 1 to Nov 12
and
Nov 28 to Nov 30

Full Moon
November 13

Waning Moon
Nov 14 - Nov 26

New Moon
November 27

I carry you with me
In my heart.
I hold you dear.
Wherever I go,
You are not far from me.
I close my eyes-I see you.
I listen close-I hear you.
I feel the beat of my heart-I love you.
I take a breath in-I breathe you in.
I breathe out-I release you.
And so it is.

You are a part of me
of my cells, of my very Being.
I can never be without you.

I've breathed with you,
Sharing air and light and love.
You are with me.

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

You are WITH me - always.
I've learned the truth of
"Your presence is a gift."
Precious Gift, I hold you dear.
You live in me-and I in you.
Thank you. Thank you. Thank you.
I AM blessed.
Om Namah Shivaya.

You are invited and welcome to visit me in Big Sky Country, where the sky IS big, the air thin and clear, the mountains jagged peaks cutting into the sky and the stars look close enough to touch!

With gratitude & love,
Anowee