

CALENDAR OF EVENTS

OYS 2009 Training DAY #10

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

OYS 2009 Training DAY #11

Sunday, December 13
9:30 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

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

Monday, Nov. 2
Thursday, Nov. 19

and

Monday, Dec. 7
Thursday, Dec. 17

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

Greetings!

November is often considered the start of the holiday season. It's a time for good food, good friends, and family visits. It's traditionally the time of abundant harvest. It's also a time to reflect on what Blessings we each have experienced and shared.



As you enjoy your Thanksgiving holiday this year, consider what you are thankful for..and remember to include yourself. Gratitude for yourself, your talents, your gifts, and your service to others is also important. Think about it for a minute. If you felt like who you are and what you do isn't appreciated, would you feel like quitting? Who you are and what you do is important, so, as you give thanks for all your blessings, give thanks for yourself!

We, at the MDRBC, are thankful for you. We are thankful to have you as members of our Community, our Family. We wish you a Happy Thanksgiving, a Blessed time with family and friends.

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!

Peace

Lehano and the MDRBC Staff

(Artwork: The Thanksgiving Mandala by Jean-Claude Aron)

Newsletter Archive

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

Thanksgiving and Abundance

One of the main focuses in November is the Thanksgiving holiday. Traditionally, after the harvest was complete, the abundance of the harvest was celebrated and thanks was given to Creator. It is a tradition celebrated in many cultures.

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



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.

It is important to be Thankful each day; to bring to mind blessings each day and to be grateful to Creator for them. I see my Blessings as being gifts from Creator, and I am truly thankful. Being aware of Blessings each day and being thankful for those Blessings raises one's energy vibration. If you haven't been aware of this already, see for yourself ...when you start to feel discouraged or upset about something, change your thought to something you feel grateful for - it could be someone you love, a favorite place to go, a memory of a holiday or special event shared with friends. As you focus more on what you are thankful for, you may find that the feeling of discouragement or upset lessen. It's very uplifting!

In the past, I have made lists of things I was thankful for and added to my lists each day. I found this to be a very positive experience and good practice to have. I haven't done this in a while, but I have occasionally reviewed my lists and found that the thoughts of what I have felt grateful for in the past still bring me joy.

I have learned that people attract what they focus on and put their energy toward. So, I know that as I focus more on what I feel grateful for, the more I will attract things to feel grateful for. There is an abundance of things to feel grateful for!

Thanksgiving and gratitude can become a regular practice and a habit. Why not take on an attitude of gratitude and see how your Life will change! Enjoy the ride!

In gratitude and service,
Ani



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

LAKSHMI, Goddess of Abundance

Lakshmi is the Hindu Goddess of Abundance, Good Fortune, and Beauty. She represents and is seen as the personification of abundance, prosperity, wealth, well-being, and harmony. She can be called upon daily for her assistance in obtaining wealth and abundance. Some people like to have a picture or statue of Lakshmi in their home or office to attract wealth and abundance.



*Lakshmi, bless us with inner light
and outer independence;
bless us always with abundance and joy.*

WAXING Moon
Nov. 1
and
Nov. 17 to Nov. 30

FULL Moon
November 2

WANING Moon
Nov. 3 to Nov. 15

NEW Moon
November 16

Gratefulness and Gratitude

More and more people are interested in becoming Consciously Aware. Rebirthing BREATHWORK and Conscious Connected Breathing assists with increasing awareness. The Conscious Connected Breathing allows for clearing of negative energy and increased clarity and Conscious Awareness. Part of being Consciously Aware includes being aware of the many Blessings in Life.



There are many ways to practice Gratitude and express Gratitude for Blessings. We encourage you to be creative and find what works for you.

(The image in this article is the universal symbol for Gratitude.)

An ABUNDANCE of Shooting Stars



The Leonid meteor shower occurs every November. It is an event caused by the Earth passing through dust left from the trail of the comet, Temple-Tuttle, which passes near the Earth every 33 years.

This year, the Leonid shower is active between November 10 and November 21. It will reach its peak around November 17. To view the Leonid shower, look toward the constellation Leo (hence the name "Leonid") and you should be able to see shooting stars occurring several times per minute!

(The picture in this article is of the Leonid meteor showers. It was taken with time lapse photography as the Earth rotated.)

BIRTHDAYS IN NOVEMBER !

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



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

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!

NEW ADDITIONS!

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



**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.

**PRAYER FOR ALL BEINGS
This Thanksgiving**



We praise You,
Divine Creator,
for all Living Things
Who breathe and move,
Have thoughts and feelings,
And for those things we see as
immovable,
for even the Rocks have Being
in You.

May We See Creator
In All Things,
May We Know The Connection
of All Beings,
May We Honor the Divine
in Each and All.

Then Peace will Rain
on Earth,
Joy will Shine
on Earth,
Acceptance will be the Air
We Breathe on Earth,
True Love will be Felt
on Earth

Your presence is a gift and does make a difference!

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 your intentions.



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) for specific dates.

These events are open to those who have completed a SERIES of 10 Rebirthing BREATHWORK (RB) Sessions 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 at 9:30 p.m. (approximately). It is recommended that you bring a yoga mat, blanket, and bottle of water.

Our GRBE's for November will be on Monday, November 2 and Thursday, November 19.

We look forward to you coming to Breathe with us.

LAKOTA PRAYER This Thanksgiving

We want to also recognize and honor the Native American people during this month of November. In the Native American heritage, there is a deep respect and gratitude for all Creation.

This Lakota Prayer shows a respect for self, gratitude for blessings of Spirit, and a desire for the courage to love all Beings beyond human limitations. It holds within it the recognition of the sacred quality of the Breath and the Oneness of all Creation.

According to the Native People, the Sacred Space is the space between exhalation and inhalation; to Walk in Balance is to have Heaven (spirituality) and Earth (physicality) in Harmony.

Wakan Tanka, Great Mystery,
teach me how to trust

and Lived from Within
the Fire of our Existence.

Author: Susan (Ani) Burk
November, 2009

my heart,
my mind,
my intuition,
my inner knowing,
the senses of my body,
the blessings of my spirit.
Teach me to trust these things
so that I may enter
my Sacred Space
and love beyond my fear,
and thus Walk in Balance
with the passing of each glorious Sun.

