

News and Events

CALENDAR OF EVENTS

OYS 2008 Training DAY #11

Sunday, December 7
10:00 a.m. - 8:00 p.m.

OYS 2008 Training DAY #12

Sunday, January 11
10:00 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

Monday, December 1
and
Thurs., December 18
7:30 p.m. -9:30 p.m.
and
Thurs., January 8
and
Monday, January 19
7:30 p.m. - 9:30 p.m.

Newsletter Archive

Issue: #12

December, 2008

Greetings!

As we near the completion of 2008, we can look back at the many changes of growth and healing that have occurred for members of our community this year. With many of you, we have enjoyed accomplishments, successes, joy and laughter. We've also supported each other through heavier moments, through tears, worries and concerns. We've experienced new friendships that have expanded our horizons to include England, Australia, Japan, and Peru, as well as many different states within our own country. And, we've wished some community members well as they have left Maryland to more directly pursue their life's purpose. One of the Blessings of the year is that we shared it together. We have been here for each other and can rejoice at the marvels and miracles we experienced each day.

And, as we approach the close of this year and the beginning of the next, our thoughts and prayers include World Peace, the Enlightenment of Humankind, Healing of the Earth, and Blessings for All.

Our thoughts are with each of you as you spend this holiday season with family, with friends, and in moments by yourself. We wish you Joy, Peace and many Blessings for this holiday season.

Happy Holidays... Merry Christmas, Happy Chanukah, Happy Yule, Happy Kwanzaa, Happy New Year!

We 'd love to hear about what's happening for you this holiday



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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

season and throughout the coming year. So, give us a call, send us an email or a text message.

The MDRBC hosts Group Rebirthing BREATHWORK Events (called GRBE's) twice each month. These events are mostly for those who have completed at least one 10 RB Session Series with a Professional Rebirthing BREATHWORKER (either female or male). Also, we invite you to come to any of our Trainings and encourage you to join us for the upcoming ONE YEAR SEMINAR (OYS) Training 2009-2010.

We welcome you back to the MDRBC again, and again, and again!

Wishing you Joy, Peace, and Holiday Blessings!

Lehano and The MDRBC Staff

Join Us for The ONE YEAR SEMINAR (OYS) Training 2009-2010

The ONE YEAR SEMINAR (OYS) Training is a powerful, transformative and truly healing year-long group training designed to help you create positive, permanent change in your life.

The Training is held one day each month (usually Sunday) for an entire year. During this time, participants learn about the thoughts and patterns that have been shaping their lives and how to make the changes they desire to create the life they want.

Leonard Orr, the founder of Rebirthing BREATHWORK, originally created the One Year Seminar whereby the same group of people met one full day a month for a year with the purpose of total healing.

The ONE YEAR SEMINAR (OYS) Training has been further developed by Aaron (Lehano) Starr to help each person address the core issues in their life- including issues of commitment, family, failure and success, just to name a few.

This training includes both powerful information and techniques designed to help you easily bring up what has "blocked" or held you back and learn to more quickly and effectively resolve these personal and professional





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.

WANING Moon
Dec 13 to Dec 26

NEW Moon
December 27

WAXING Moon
Dec 1 - Dec 11
and
Dec 28 to Dec 31

FULL Moon
December 12

issues.

Of course, confidentiality and respect for each participant are included as part of the "Ground Rules" for the Training. Assistance is given to each participant on both the individual and group level.

CHANGE YOUR LIFE for the Better...Come GROW with US!

* The OYS Training is open to anyone 18 years or over with or without previous "BREATHWORK" experience.

The OYS Consists of: 12 Training DAYS

1 weekend "DAY" per month for 1 Year
Training hrs: 9:30 am-8:00 pm
(Registration: by 9:30 am)

The total price for the ENTIRE Year (without discount) = \$ 2100.

SAVE! SAVE! SAVE!...

\$175 off the OYS Training price!

When you pay in advance for the full year
you REDUCE the cost to **\$1,925**
Or simply pay \$175 per Training DAY ea. month

OYS 2009-10 Training DAY #1
Sunday, FEB. 8, 2009

Visit our website: www.mdrbc.com
for MORE information,
the Cut-off DATE for the DISCOUNT
and to REGISTER!



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.

1-DAY TRAINING "Money & Prosperity"

IT'S WORKING !!!



"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?"

That was the opening wording on the flyer for the 1-DAY Training "Money & Prosperity" facilitated by Lehano.

As I registered for the Training, I realized I have been learning from Lehano about the power of my thoughts for 2 years now. I've done a lot to create a new life for myself - leaving an unhealthy marriage, finding a new home, moving from the Eastern Shore to the DC/Baltimore area, and starting a new job. Changing my thoughts empowered me to accomplish this. Although I realized I have come a long way, I knew I hadn't addressed and cleared all of my negative thoughts with regard to money. I had limiting thoughts of "I don't know how to handle money", "I don't know how to invest and increase my money", and "I'm not good at budgeting". I felt eager to have assistance in creating more positive changes in my life.

During the 8+ hour training, I learned so much about money and prosperity and about myself. I was given the opportunity and guidance to address my limiting thoughts about money and prosperity and change them so that I actually *attract* money and prosperity.

And, did the Training work for me???... Well, five days after the Training, I received notification at work for several financial trainings available to me at no cost. I quickly signed up for all three. I felt amazed - I was being presented with programs and trainings that totally supported my new thoughts about myself, money and prosperity.

I've also had several significant shifts in resolving certain issues with financial record keeping. One shift had to do with my credit card. The other had to do with bank statements. I had struggled with both for months and suddenly they seemed to resolve themselves almost with no further effort on my part. After so much struggle, it felt truly magical that, when I had the thought

of an easy, quick resolution to these issues, the thought manifested!

I know I am fortunate to have attended the "1-DAY Money and Prosperity Training" and feel excited to be making these changes in my life. I realize that, in fact, it's not what the Training did for me, it's what I accomplished for myself after receiving the information, techniques and guidance during the Training from Lehano.

Thank you, Lehano, for teaching me that I actually do create with my thoughts and that I can change my negative, limiting thoughts to positive, empowering ones. And, thank you, Universe, for showing me through what has manifested that this is TRUE!

Analiese

Analiese is a student at the Maryland Rebirthing Academy (MRA).