



ibf INTERNATIONAL
BREATHWORK
FOUNDATION

Respiration & Inspiration



Dear IBF Family,

In just about a month, we will welcome more than 200 adventurous breathers to Sacred Breath GIC 2019 in the beautiful Mojave desert. Below is some information we hope will help you plan your travels. If you have additional questions, please contact us at 2019GIC@gmail.com

Daily high temperatures in June average between 80°F (26.6°C) to 98°F (37°C). Daily low temperatures average from 63°F (17°C) to 71°F (22°C). Remember to include something to cover your shoulders when strolling around the centre during the day and for cool desert evenings.

Use this packing list to help prepare for your travels.

- Closed toe shoes
- Hiking shoes
- Socks

- Sunscreen
- Swimsuit
- Sun Shirts
- Instruments and props for Talent Show
- Sunglasses
- Hat
- Flashlight
- Adapters for U.S. outlets
- Phone chargers
- Journal and pen
- Travel speakers for your music if you plan to do a workshop that requires music

We will provide each attendee a water bottle and you could also bring your own. Because we are in the desert climate, our job is to stay hydrated. There will be several water stations around the centre.

Happy packing and safe travels! Can't wait to be with you all soon!!!

Love and Gratitude,

Lauren, James, and the GIC 2019 Team

Healing Stress with WaterBreathFusion.

Submitted by Michael de Glanville in Cyprus



The first step towards healing the physical and mental disruption caused by continuous exposure to stress will always be the individual's recognition of stress as the source of the imbalance.

Listing some of those damages, we can include disturbance of sleep patterns, lack of clarity and vision in decision-making, weakening of immune system defences, suffering of panic attacks, diminishing of sexual vitality, disruption of relationship harmony and recourse to substance addictions.

A second step is accepting that stress and relaxation cannot exist in the same place and the same time in our bodies, so developing the practice of a personal access process to deep relaxation has long been recognised as an effective counteraction to stress.

Once an individual begins to recognise the symptoms of prolonged exposure to stress, the necessary motivation can grow to assemble the therapeutic resources

effective in diminishing that exposure, and follow up with a habit of regular practice.



The introduction of Conscious Connected Breathwork into the gentle dynamics of a warm water flotation session brings together two powerful physical practices, both of which are renowned for their stress dissolving **capabilities**. The following invitation may give some form to the charmed environment created by this fusion.

"Come, spoil yourself in fluid bliss, your body beauty surrounded in liquid warmth, surrendered, vulnerable, mind and spirit abandoned to the gentle strokes of water's touch. The undulating motions, rippled by the caress of the breeze, supple as seaweed in a rolling ocean swell. The calm, contented heartbeat of your being dancing with movements tuned to the rhythm of the breath.

Stretch out in the heat of sun-kissed water, floating, balanced, breathing and centred in the circle of the pool. Water's soft embracing flow will do its work, soothing away body aches and mind stress. Whilst you, buoyant, immersed, trusting as an embryo in-utero, you simply let go, releasing your faithful pulsing spirit to drift and be hushed in the familiar embrace of the love and silent emptiness of the bringer of inner peace."



So let us take a look at why warm water therapies are often so effective in creating deep relaxation. If we consider the experience of the embryo in the latter months of the pregnancy, the main sensations registered, as the unborn baby gradually evolves into consciousness, are immersion in fluid of constant warmth and the containing, comforting contact of the silky touch of the inner walls of the womb as the

mother goes about her day, connecting with the baby through caring thoughts of love.

To the baby in the womb, sounds are muffled, as the ears are filled with fluid, but the familiar tone of the mother's voice, the steady reassuring 'thu-thump' of her

heartbeat and the sound of her continuous breathing cycle of inhale and exhale are probably at the origins of human love of rhythm and music. The surrounding deeply relaxing energy of love, comfort, movement and care, communicated to the unborn baby in her womb, will be strongly associated later on, in adult life, with rhythms of breathing, tactile sensations and immersion in warm water.



The healing energy of a WaterBreathFusion session when practiced in this way, together with conscious breathing can be developed towards accessing and helping to bring to the surface of our consciousness this deeply embedded connection between physical environment and the generated feelings associated with it.

The visible wave motion of Watsu's "water breath dance" is taken up by the receiver's body as it's flotation balance is swelled by the breath inhale and deflated during the exhale. This rhythmic dance, powered by the breath muscles during the breathing, provides a natural synchronising beat-base to the timing of the pattern of movements initiated by the practitioner. The energy of this feeling of harmony of motion between the giver and the receiver deepens the presence of mutual trust and encourages a gradual progressive abandonment by the receiver into deep relaxation, not only of their body but also in the mind state.

My own experience, while receiving Watsu, has led me to notice that when the temperature of the water surrounding my body coincides closely with own body temperature, the internal sensations of just where my body boundaries are located during the session become less distinct, creating delicious feelings of immense lightness and lack of the dimensional awareness of my body, feelings of one-ness and melting incorporation with my surroundings.

Therapists and clients who are familiar with the practice of Breathwork will be used to the altered mind states often accessed during breathing sessions, but it has been an interesting experience for me to witness the appearance of similar mind states in receivers towards the end of a WaterBreathFusion session, when gentle conscious connected breathing has been present during the session. What has surprised me is the ease of access to these mind states by some of my clients who have relatively little, if any, experience of breathwork in the dry.



The WaterBreathFusion session seeks to create a floating, fluid surround, enriched by the breath and blended with supple body movements in the

weightlessness of immersion. Together with the softness and the trusted warmth of gentle caring containment, these conditions can activate a release of the profound relaxation experienced by the baby in utero into our conscious memory. Allowing the body and the mind to drift deep into this profound physical relaxation state is certainly a powerful stress healing process.

Formal Closure of the Tiba Africa Foundation

Report from Andria Falk, Patron of the Tiba Africa Foundation on her second visit to Nairobi in February/March 2019

Visiting the Tiba projects was my first priority and Vincent Aloo was quick to offer to show me around. As consultant to the Tiba Board and a former colleague of the late Daniel Marungu, he was the perfect guide.

Joy Baby Care.



We found that Joy Baby Care was flourishing in the safe hands of Mrs. Elizabeth MBati, head teacher of Alpha Glory School and the lovely carer, Wilkister Khamadi, now back from maternity leave.

Abundance School.

It was great to catch up with the children and the teachers again, though a big shock to find the landlord is constructing houses on the playground. The Head teacher, Fred Chavulimo, is very keen to find new premises and to build on what he and Daniel have achieved.

It was wonderful to be able to allocate the final outstanding donations [\$1,900] to Tiba projects. For Joy Baby Care, we were able to allocate money for a further 5 month's enhanced salary for the caregiver, a new microwave oven and new potties and emergency nappies. For the Abundance School, we were able to pay for the final batch of new curriculum text books, exercise books and a first aid kit, rent for the Easter holiday period and money to set up a self-help group, We paid for sponsored places on a public workshop and two designated workshops for the Give Me another Chance AIDS/HIV project. And we were able to put aside \$475 for the administrative costs linked to the closure of Tiba with leftover monies to be shared between the different projects.



Formal Closure of Tiba Africa Foundation

It was a poignant day when Vincent and Rajab Saidi, Tiba's Chairperson, placed this ad in the 'Daily Nation' newspaper announcing the closure of Tiba, after months of information gathering, heart-searching, report writing and meetings

Closure of Tiba Africa Foundation (TIBA)

The Board of Tiba hereby announces its closure following the passing of CEO Daniel Marungu. Please contact the Chairperson or the NGOs Coordination Board for more information.
Saidi Rajab, Chairperson.
Phone no. 0721625875

of the Tiba Board and visits to the Kenyan NGOs Board. Planning for the future of the Tiba Projects

I was very moved by the enormous concern and determination I found to continue Abundance School and Joy Babycare



without the support of Tiba. Teacher Fred, head teacher of Abundance School has decided to set it up as a 'self-help group', a formal organisation with legal status that can fundraise independently. They plan to fundraise for a new school building that is desperately needed. Joy Babycare has the resources to run independently for another 5 months and Mrs. MBati advises they will also need to fundraise to ensure its future. Both these projects are very important to the local community and families that they support.

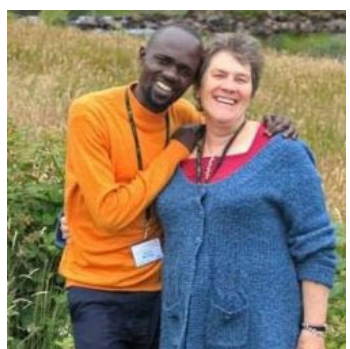


Vincent Oloo and his breathwork colleagues are also highly motivated to continue to support the 'Give Me Another Chance' project in the short term, and have a further workshop planned to take place at the end of May. Meanwhile, Vincent has begun to plan for and dream about a new retreat and healing

centre in the countryside!... let's envision the highest good and outcome for these projects, enabling a strong base, to build on Daniel's work.

All the projects will be represented at a Global Giving training day for new projects to learn fundraising skills, to be held on May 17th in Nairobi. Please contact Andria at andriafalk@blueyonder.co.uk if you would like more information concerning the closure of the Tiba Africa foundation or about the future of its projects.

Photos below: Left - Andria with Daniel Marungu at GIC in Ireland in 2014. Right: Vincent Oloo, IBF Representative for Kenya.



A Personal Message

from IBF honorary member Robert Moore



When I was around 8 or 9 years old I became captivated being told of the 'War of the Worlds' by H G Wells, as some of the story, an invasion of Earth by Martians who had superior technology, took place near where I lived. Plus, this fiction seemed to touch something I now call archetypal, yet at that time, was an unnamed desire wanting satisfaction through the power that only myth can satisfy.

Curiosity insisted that I join the local library and borrow the book despite several adults, which included the librarian, trying to talk me out of it,

saying, "it is too adult for you".

That first "adult" library borrowing introduced me not only to a new world of reading, my imagination became populated with my own stories of ordinary people who found they were capable of extra-ordinary feats (I don't mean any comic superhero action that had previously been my reading). I imagined that human ingenuity and integrity would defeat the aliens. I told myself and believed, that people would go beyond what they thought possible and make a difference: that collectively we would triumph by doing what we were good at, doing what was right and through this rightness of action, we would bond to each other.

It is only now, as these memories resurface, that I can put this into words. And a question arises: rather than this being the 1960s wartime nostalgia of the adults around me, was this a foreshadowing, a portent of what was/is to come? Perhaps though, this thinking just touches an archetype within the human subconscious? A fascinating repulsion for apocalypse linked with salvation through heroism?

People who live in the UK will know of the climate protests that took place over Easter. (I am not sure how widely reported this was outside of Britain, nor if similar protests elsewhere were excluded by the British media). At first, this action was a relief as it gave a break from the twists and turns of the Brexit fiasco (I voted Remain by the way) Although I didn't participate with my physical presence at the protests, I felt increasingly involved as I discovered just how many people I knew had travelled to London. Some came back with tales of being arrested; however, it was the experience of intense camaraderie that ignited all. Ordinary people, who had felt so concerned about climate change that they participated in what were several peaceful mass civil disobedience protests that closed traffic at various sites in London. Greta Thunberg, the inspirational young Swedish activist, came to the UK towards the end of these protests and

augmented the Extinction Rebellion (XR) message: no blame, no shame, we need to act now: this is a state of emergency! Seeing her with some UK politicians was extraordinary and bolstered the urgency that big change has to take place. Since then the environment has moved up the news agenda.

What I didn't expect, (here I show my naivety), is that the euphoric Easter weekend gave rise to other voices. Others I know spoke, on Facebook, of what seemed to me like heresy — that they believe there is something sinister behind the climate change message. (I know some of these people have previously promoted other conspiracy theories.) I found this troubling: what brought unity amongst most people I knew, brought up distrust and rejection in others. Brexit had already become “don't mention the 'B' word”. Now it seemed don't mention the 'C' word was a rival division. The inevitable outcome if opinions are the only way of communicating. These contrary opinions gave rise to turmoil; I felt vulnerable, unsure, apprehensive, scared. What can we agree on I wondered?

I wrote elsewhere recently that a need for certainty keeps arising within me. Through my movement activity I found some solace; when I feel the weight of myself on the earth I feel I come home: focussing on gravity, weight, breath, here lay a certainty that was personal and real to me: support of the earth. Letting go and feeling this support recharges this body and help clarify the mind. Over a couple of weeks, I was able to unpick some of my inner struggle — part of it was “what do I do about this year's GIC?”

I had said that I would go. I had, generously, been offered help too. However, I was finding discomfort within. I had given myself good reasons for going yet become very uncomfortable. I was resisting listening to the inner feeling: that I can't, whole-heartedly go to the GIC and keep good faith with myself. Finally, to listen and feel the answer: “Sorry, I am not going”. This is my personal, solitary decision: it is not at all a message to dissuade or argue with or against. Not to see Breathwork friends and be with the energy of this group is my loss. I felt so appreciated and acknowledged at last year's GIC in France by doing what I enjoyed, and being of service in that way.

Rather than me putting forward any argument, this is about me living with myself in this time and finding a way to honour what I feel. I am not able to be clearer than that. I still hope that our collective ingenuity and love becomes the motivation for whatever is to arise at this time. Who knows what amazing direction will arise from this GIC as I am sure many of us hold a similar dilemma. I wish you all well and may the GIC hold you within love.

Love Will Prevail

by Robin Lawley

A song written for GIC 2017 in Austria. Still appropriate today and for those musicians amongst you, contact me to download the piano score.

The time has come to breathe as one
To cast aside our fears

When darkness falls and builds up walls
Just let the light shine in
And now's the time to open up to love
Yes, now's the time to open up to love.

Hope is alive, truth can't be denied
And love will win the day
Just stay tuned in to the force within
Feel it beating in your heart
And now's the time to give the world your love
Yes, now's the time to give the world your love.

Yes love is strong
And when you sing its song
And feel its power, you'll be free
Oh love is fine
Don't get left behind
When you feel its power you'll be free.

You may feel the pain, the world may seem insane
But don't give in to fear
we will rise up and fulfil our dreams
That day is almost here
And now's the time to recognise your love
Yes, now's the time to recognise your love.

Love will prevail, it's no fairytale
Revolution's in the air
Love will prevail over hill and dale
That day is almost here
And now's the time to liberate your love
Yes, now's the time to liberate your love.

Yes love is strong
And when you sing its song
And feel its power, you'll be free
Oh love is fine
Don't get left behind
When you feel its power you'll be free.

The time has come to breathe as one
So don't give in to fear
We will rise up and fulfil our dreams
Just let the light shine in.