

IBF Newsletter July 2019



**ibf** INTERNATIONAL  
BREATHWORK  
FOUNDATION

## Respiration & Inspiration



Dear fellow breathers,

In the above photo you can see some of the people who came to GIC for the first time in Joshua Tree, California. If you have not yet been to a GIC please consider coming to the next one in Sweden in 2020 [see details below].

As you may know, this past year has seen many positive changes in the Foundation itself and as always I invite you to send in your stories and news for inclusion in upcoming newsletters. The newsletter is your way of making your voice heard within our community..

The photos of the GIC are a selection of my own photos and others collected from over the web. As you can see we had a great conference in a fabulous setting!

One final note. At the conference a few of us met together with the idea of forming an IBF arts group to promote not only our own talents but also as a means to reach out with the breath to people active in this area for example through exhibitions, events, books and online. If you would like to find out more or participate please contact me at [robinlawley@gmail.com](mailto:robinlawley@gmail.com). You don't have to be an artist or whatever - a first phase would include putting together material that could be from your family or people you know.

Stay cool if you can or if it's your winter enjoy the cold!

Robin Lawley

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GIC 2019 has officially ended, and we are filled with gratitude for each of you for breathing, sharing, and playing with us in Joshua Tree. If you were not able to join us, we felt your presence and your support throughout the week.

It was amazing to have more than 250 people join us in the desert, including more than 15 founders of breath schools. We shared ideas about the future of the breathwork profession. Many people talked about deepening their personal practice or expanding their teaching practice, while others were moved to train to be breathworkers. Our community continues to grow and it is maGIC.

Thank you to the many breathworkers and participants who provided workshops. Your offerings made the experience so much better. Thank you to the speakers who gave beautiful talks: Akahi and Camila Salas, Anthony Abbagnano, Ashanna and Dana from Clarity Breathwork, Dan Brule, Ela Manga, Giten Tonkov, James Beard, Jessica Dibb, Jim Morningstar, and Judith Kravitz.

Throughout the week, we were blessed to celebrate through music, drumming, dance, a women's and men's circle, a cacao ceremony, and the GIC Talent Show.

Each of you played an important role in the success of Sacred Breath GIC 2019, and we can't wait to be with you again in Sweden.

Love and Gratitude,

The GIC 2019 Team

See below some of the special moments of the GIC.....



# Breathe

*by Rabie'h Hayek*

If I say move you feel one way and if I say breathe what do you do?  
If I say to you jump you will either feel invited or challenged or both but if I say  
breathe what do you hear and what do you do and what do you not do?  
Because the invitation was to breathe not to not breathe  
But you say I'm breathing anyway  
And I say there's much more, than that to say  
Any time someone asked you to breathe, in this life, they weren't asking you to  
breathe on automatic

They were asking you to breathe from that place that has the power to release  
the most traumatic  
Breathe from that place, thank you Max, that place where the doors only open  
swinging inwards  
One deep breath you take a step  
Ten deep breaths you start the ride inwards  
And from some of you the first question was why breathe differently?  
And I exclaim that it is in order to live life differently  
Would you like to have buttons that you can press  
That shift you off and away from stress?

There is this life force waiting to fly you away to kiss shores of bliss doors  
That again only swing open inwards  
You can push into the outer world but never enter these worlds  
That means that when you hear me or your mother or brother, sister or beloved  
other, say to breathe  
Take this spiritual power that is pumping your heart  
Spirit meaning breath in so many languages and I even saw it represented in the  
hieroglyphic art  
So extrapolate and see that spiritual means about the breath and with the breath  
Let's take a look at one of the creation accounts and see how much the breath  
was revered by the old  
"God breathed the breath of life into man and man became a living soul."  
So in the religions it was the way man was shaped from God's role  
It was long forgotten but Christians used to breathe together to unite  
Their spirits into peace that surpasses any personal or collective fright

Meditation teachings  
Won't be dosed without the breathing  
In fact while we are on the topic let me say  
For us to take the hint from the original forms of yoga from back in the day

Asana ..pranayama then the elevation  
That means postures then the breathing and then the meditation.  
Unless you are a fan of sitting fighting with the mind?  
And if you are you'll sit there not breathe and you'll push rewind  
You'll act like these words landed on deaf ears

The part I get sad about is that you might go on suffering for years  
Its hard but it's simple if you let yourself look at it  
But the looking takes courage  
And sometimes that's hard to make flourish  
So that's the moment that you reach out for the breath hear me I'm your brother  
and we were supposed to take notice of when another is having moments where  
we gift the Great Reminder to breathe.

But it hurts you yelled back  
And your heartbeat sped up and you wanted to crack  
But a part of you felt me it heard me it breathed deep  
Those doors pushed inwards  
And next came the heap  
Of the tears that they came  
To release the pressured space  
They came to wash your face  
To let you loose to find this breathing place

Look at your childlike grace in your eyes and on your face  
That started in you building space  
Trust me here brother or sister  
We may not even leave a trace  
And you will feel the clarity of something Big's embrace  
Larger than life but you can breathe it out  
I'm here and I'm not going anywhere so you can shout it out  
Shouts are breaths too  
Songs are breaths too  
And if you let them out with conscious chaperones they will serve you

They will use the breath to deliver "the cup that clears, today of all past regrets  
and future fears"(\*)  
Dropping loads of multi-colored tears.  
This cup I speak of is not the one filled with beers  
But the cup of breath that steers  
That moves your Spirit to listen with new ears  
To guide your love to live new cheers  
That make your next breath a toast to the New Years  
That you can live on into without carrying that old stuff  
I just want you to remember that I know it's tough  
But I'm not going anywhere  
So just use this new friend  
It will be with you literally until the end  
And notice that I did not ask you to move, I did not ask you to jump  
But I did ask you to breathe  
And from this point on  
Promise you'll remember that one word  
And exactly what it means.

(\*) excerpt from the Rubbayat Khayam by Omar Khayam