



Breathe in Joy, Health and Fulfillment



A special holiday greeting from Donald and Cheryl Lynne Rubbo and PDP II Research Foundation, from our hearts to yours.

We wish you and your loved ones an extraordinarily joyous holiday season, and great health and limitless happiness in the coming New Year.

The Intentional Breath for this holiday season is **Great Good Fortune**:

"Since we are all in the same boat together, if everyone takes an oar, we can move more swiftly through these troubled waters," says Donald.

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Take three 'Extraordinary Breaths,' and as you inhale and exhale, your thought is that this intention benefits yourself, your loved ones, and all those who are less fortunate:

Inhale from the bottom of the abdomen up to the clavicle, pause, and then exhale from the bottom of the abdomen up to the clavicle, long, slow, even.

(Pause between each full breath and hold the **Great Good Fortune** intention in your mind, having a felt-sensation of great good fortune arriving in your life.)

I breathe in the courage to realize my good fortune, in this moment and in every moment.

I breathe out fear, scarcity and limited thinking.

I breathe in a world of abundance, for myself and for all beings.

With love always,
Donald and Cheryl Lynne

The World Takes a Breath Day



We will breathe together as one world on 10.10.10!

For ten minutes in every time zone, millions of people will take Extraordinary Breaths, with the intention of greater health, happiness and fulfillment for themselves, their loved ones and for the world.

Our goal is to have the whole world breathe together for just a few moments, in a wave that travels around the world, with everyone's intention focused on peace and harmony, creating the potential for peace, harmony, understanding and increased health for every human on our planet.

Imagine if we:

took one breath and it changed the world?
took one breath and it brought peace to the world?
took one breath and it brought healing to the world?

Imagine how powerful we can be if we all breath together as one even for just a few moments!

October 10, 2010. Be sure to mark your calendar and breathe with us to change the world!

The World Takes a Breath Day was created to make the world a happier, healthier and more peaceful place by teaching as many people as possible how to breathe better, through the practice of the **Extraordinary Breath**.

With the vision of improving global health in our hearts, in 2008 we published our book **'Extraordinary Breath, Making the Power of Deep Breathing Work for You.'**[™] Mind-body expert Bernie Siegel, MD, has endorsed this book, which draws upon ancient wisdom and modern science to show how deep, diaphragmatic breathing coupled with focused intention brings profound positive changes to body, mind and spirit.

Touched by the stories that came in from all over the world of how the **Extraordinary Breath** practice was transforming people's lives, we realized the need to reach millions more with this simple, effective method. We took the 'One-Part Breath' exercise from our popular book and created a free digital eBook, available now at www.ExtraordinaryBreath.com.



Practicing the **Extraordinary Breath** is an easy way for young and old to be proactive in managing their own state of health, it's a self-directed stress management system of deep breathing that is highly successful in reducing the symptoms of stress and actually increases the effectiveness of medical

treatments. In fact, the National Center for Complementary and Alternative Medicine (NCCAM) now lists correct deep breathing as a complementary and alternative medicine mind-body therapy.

With the **100 Million Downloads Campaign**, our goal is to teach people all around the world how to breathe, how to breathe in joy, health and fulfillment and, ultimately, acceptance of others with deep, relaxed intentional breathing. Now the **Extraordinary Breath** free digital eBook project is being translated into many languages by devoted volunteers. The **Extraordinary Breath** free digital eBook is now available in English, Hebrew, Italian and German at www.ExtraordinaryBreath.com.

Coming very soon: Lithuanian, Romanian and Spanish!

More languages needed! You can be a part of creating positive change in our world, if you have translating skills you can make a huge difference. Please email us as soon as possible at info@ExtraordinaryBreath.com!

Extraordinary Health Products Benefit the World

By demand, we are expanding our marketplace with our unique, organic, energy-infused products for enhancing your life. Your purchases support PDP

It's work in changing the world through ancient wisdom for modern healing! **Rubbo Salt of the Earth**, Donald Rubbo's herbed salt infused with his powerful healing chi, for enhancing your food with extraordinary flavoring. 5* review!

Intentional Healing, the first and only skin cream in the world infused with healing intention.

Rubbo Art of Energy Extraordinary Health is socially responsible, using high-quality, sustainable, cruelty-free, organic, vegan ingredients.

The proceeds from the sale of Extraordinary Health Rubbo Salt of the Earth and C.L. Rubbo's Intentional Healing Skin Cream benefit The World Takes a Breath Day.

You can order these wonderful products at www.CultivateChi.com.

Join us on [Facebook](#) and follow us on [Twitter](#)!

Extraordinary Dreamers

Please consider making a tax-deductible contribution, in any amount; your support for helping to launch the World Takes a Breath on 10.10.10 is deeply appreciated and will keep the extraordinary work of PDP II going forward.

You can make a secure donation through PayPal at this BreatheStrong webpage: <http://breathestrong.org/donate/donate.html> or send a check to:

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