

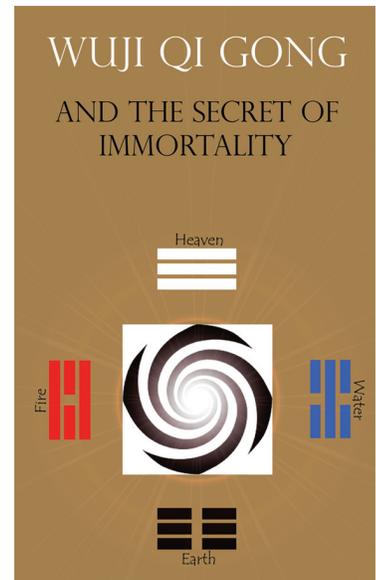
Hello all,

Welcome to the November *COHERENCE Newsletter*. This month, I'm thrilled to bring you the special feature, *From Sudan - A Story of Breathing* by guest contributor, Ellen Ratner, White House Correspondent and Bureau Chief for The Talk Radio News Service, author, and Fox News contributor. But, before we get started, a few points of interest...

COHERENCE is offering a 25% discount on *Valsalva Wave Pro* through December 31st. To take advantage of this great savings, simply enter the coupon code "Valsalva Wave Pro" during the check out process.

Also, *Stone Mountain Center* (Dr. Stephen Larsen) is pleased to announce more specific details on the 13th annual Winter Advanced Lens Training Session (for Practitioners) Fri, Sat, Sun Dec 4-6, 10-6. Contact: office@stonemountaincenter.com for more information or to register.

Lastly, *Wuji Qi Gong and the Secret of Immortality*, a new book by Stephen Elliott and Dr. Meng-Sheng Lin, will be available Jan 1st, 2010.



Wuji Qi Gong & The Secret Of Immortality

From Sudan - A Story of Coherent Breathing by *Ellen Ratner*

In March 2008 a group of talk show hosts made a trip to Sudan with Christian Solidarity International. Although I'm Jewish, I was very impressed with their work and continued dedication to freeing people in slavery after a 22 year civil war that killed two million people.



Participants holding *The New Science of Breath* (Elliott and Edmonson) and *How to Use Herbs, Yoga, and Nutrients in Mental Health Care* (Brown, Gerbarg, and Muskin)

Having some training in trauma, I thought teaching Coherent Breathing would make a huge difference in the incredibly difficult lives of these women and men.

The formal program began in late October 2009. All participants take a PTSD symptom questionnaire every six weeks. While survey results are not all in yet, it is clear that everyone has suffered major effects of this catastrophic 22 year long conflict.

Many travel long distances to participate and are paid ten dollars a week, this helping to pay for food and other expenses. As any kind of traditional mental health intervention in the area is impossible due to the lack of practitioners, Coherent Breathing is the only PTSD intervention that these war survivors will have access to in the foreseeable future.

We began the program in Southern Sudan in Mobil-Aweil, East County. Currently, participants come five days a week to receive instruction and breathe while listening to the RESPIRE-1 CD. We explained how the sound on the CD (2 Bells) was made by bringing a Tibetan bowl to demonstrate.

Within a couple of days participants were finding that the practice of Coherent Breathing was helping them manage their thoughts more effectively and achieve a new degree of calm.

On November 17th, I received this email update:



A group of women learning to breathe “coherently”.

Hi Ellen,

John talked to Dr. Luka just today and checked in on the breathing program. Dr. Luka said the breathing program on his side of town is going well. He said the clients are taking it seriously and it seems to benefit them. Dr. Luka said he wasn't sure if it was medical or psychological, but the women seem to benefit from the community and support of the breathing sessions. He said he has not heard of any issues at Pastor Matthew's end of the program and, to the best of his knowledge, it is going well there too. It seems like it is off to a good start and at least some of the clients are taking it seriously and benefiting from it. I'm pleased to hear this!

Yours,
Elliott Daniels
Washington Representative
Christian Solidarity International

Like many of us, I tend to have the most growth during and after a personal crisis. Twenty years ago I was experiencing a very difficult time in my own life. During this time, I met Anne Gehman a Spiritualist minister. She introduced me to the mental healing movement of the late 1800's. I spent many years of “off” time combing The Library Of Congress and Harvard University's Widener Library. During the long hours of the Monica Lewinsky scandal I would go to the Library of Congress for a bit of sanity and it was there that I found the work of Yogi Ramacharaka

(William Walker Atkinson). By then I had moved from working in the mental health field to working as a reporter and talk media personality covering the White House.

It was then that Anne Gehman and I decided to work on a book of self help techniques. The book was almost finished but sat on the shelf for almost ten years until I hit another personal crisis and through Dr. Lauri Liskin became familiar with the work of Dr's. Richard Brown, Patricia Gerbarg, and the practice of Coherent Breathing.



Ellen breathing with group

Coherent Breathing worked immediately and I became a “born again breather”. While showing my reporting staff the Coherent Breathing web site (www.coherence.com) I noticed that Stephen Elliott, author of *The New Science of Breath* had dedicated his work to the man whom I’d written so much about ten years before, Yogi Ramacharaka. Like so many things in life, the answer to my anxiety and depression had been right under my nose. It gave me the final impetus to finish the book which is now in the final editing stage.

My first book, *The Other Side Of The Family- A Book For Recovery From Incest, Abuse, and Neglect*, is about recovering from trauma inflicted within the family.

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Thank you all for your attention,

Regards,

Ellen

Thank you Ellen, Christian Solidarity International, all,

Stephen Elliott, COHERENCE