



## SONDRA RAY....

the "Mother of Rebirthing/Breathwork"  
Author, Pioneer &  
Leader in this age of New Thought  
& Spiritual Self Mastery

***SONDRA RAY*** is known the world over as one of the most dynamic spiritual leaders of our day. She is recognized by many as a spiritual teacher, author, lecturer, and healer, with a renowned expertise in the area of relationships, sacred lifestyles, India Quests, and Rebirthing/Breathwork she now calls Liberation Breathing®.

Sondra Ray graduated with a degree in nursing from the University of Florida in the early 1960's. Inspired by President Kennedy's inauguration speech, she was a pioneer in the first 10 groups of the **PEACE CORPS**, an experience that gave her the lifelong dedication to world service. After the Peace Corps she served her country as a US Air Force nurse, during the Vietnam era, counseling the families of pilots killed in action.\*

In the early 1970's SONDRA RAY teamed with Leonard Orr who together explored the effects of the Birth Trauma and its detrimental subconscious influence on a person's life. They discovered the powerful use of conscious connected breathing (rebirthing) to be an effective practice to help people clear these memories of early life trauma very quickly from their mind and body. Sondra went on to write over 20 books on the subjects of rebirthing, relationships, ideal birth, The Forgiveness Diet©, ***A Course in Miracles***, healing and holiness, and the many mental & spiritual imperatives in life....

Author **Marianne Williamson** says of Sondra Ray:

*"...those who explored the frontiers of universal spiritual consciousness were true pioneers. Their ideas were mind blowing and life altering for an entire generation, for whom such beliefs were startlingly outside the box. One of those pioneers was Sondra Ray.... If Sondra writes a new book, I read it. I let go of my left brain and drink her in, imagining her sitting on a chair, explaining to me what to her is so obvious and the rest of us, well, maybe not so much. I have never experienced Sondra as anything other than a beam of light.... I have lived enough to be able to say that of all the good fortunes I have had in my life, encountering her has been one of the liveliest. Sondra Ray is more than a woman.....The word GODDESS comes to mind...." From Marianne Williamson's Forward in Sondra's book, **[Rock Your World with the Divine Mother.](#)***

RAY was launched into international acclaim in the 1970s as one of the pioneers of the Rebirthing Experience. She has trained thousands of people all over the world in this conscious connected breathing process, and is considered one of the foremost experts on how the birth trauma affects one's body, relationships, career and life. As she puts it, "This dynamic breathing process produces extraordinary healing results in all of your relationships—with your mate, with yourself and with Life—very fast. By taking in more Life Force through the breath, limiting thoughts and memories, which are the cause of all problems and disease, come to the surface of the mind so they can be 'breathed out', forgiven and released."

Now Sondra Ray has taken Rebirthing to a new level of effectiveness by invoking the Divine Mother energy into the breathing sessions. One of her recent books, **[Rock Your World With The Divine Mother](#)**, emphasizes the importance of a fundamental paradigm shift out of the conventional "patriarchal model" of relationships into a more balanced equality between the Masculine and Feminine polarities. This has also been an influence on her teachings in the Breathwork field. In her latest book, **[Liberation Breathing®: The Divine Mother's Gift](#)**, she describes a new expression of Rebirthing in which attention is paid to the underlying Life Force of matter, referred to as the Divine Mother Energy. This Energy has great healing potential as invoked in the Liberation Breathing® process.

Often ordained as the "Mother of Rebirthing", Sondra created and teaches various seminars, including her most popular [Loving Relationships Training®](#), which has evolved into the New LRT®. This training has helped thousands of people get clear on their relationships. It explains common negative family patterns and helps people overcome them through applying practices of Liberation Breathing® and affirmations of creative thought. Ray has taken these seminars and practices across the globe to countries such as England, France, Spain, Italy, Germany, Iceland, Ireland, Poland, Sweden, Estonia, Russia, New Zealand, Australia, Singapore, Bali and Japan. She also takes groups to India, Glastonbury, Iceland, Bali and Hawaii for annual pilgrimages. See here for other course offerings: [Seminar Descriptions](#).

Sondra Ray also had the privilege of spending time with the immortal Master, Maha Avatar Haidakhan Babaji, in India on several occasions from 1977-1984, becoming His lifelong student and disciple. For the past 30 years she has led groups to India and introduced thousands to the deep spiritual heritage this country has to offer. Her [India Quest](#) is given every Spring, on which she takes people to the Banks of the Ganges, to Haidakhan, to participate in the Spring Navaratri, a nine day spiritual festival dedicated to honoring the Divine Mother—the feminine aspects of the Divine Nature that permeates all Life.

Participants are also immersed in the Liberation Breathing® process daily during the India Quest, her most powerful offering of the year. Ms. Ray currently travels the world teaching, and has a private healing practice with her husband, **Markus Ray**. They conduct private [Liberation Breathing Sessions](#) in person and over Skype. People who have worked with Sondra Ray & Markus Ray say their teachings, their guidance, their dynamic presence, and the Liberation Breathing® process have saved them years of time in getting clear on relationships and what has been blocking their spiritual evolution.

Sondra Ray was one of the first to lecture on and teach *A Course in Miracles*, since the late 1970's. She has said, "*A Course in Miracles* is the most important book written in 2000 years." Together with her husband, Markus, who studied *ACIM* with pre-eminent teacher, **Tara Singh\*\*** for 17 years, they travel the world speaking on this profound scripture. Tara Singh has described *A Course in Miracles* as "A Gift for all Mankind", destined to be one of the greatest gifts America has contributed to the world. Sondra & Markus's audio lectures on the valuable principles of *ACIM* are available at [www.SondraRay.com](http://www.SondraRay.com) as [Dialogues on A Course in Miracles](#) and also on their [www.MiraclesArePresent.com](http://www.MiraclesArePresent.com) website.

Applying over 40 years of metaphysical study, she has helped thousands of people discover how their negative thought structures, birth trauma, habitual family patterns and unconscious death urge have affected their life. She encourages people to make lasting positive changes through Liberation Breathing® to be more free, happy and productive. No matter what Sondra Ray is doing, she is always trying to bring about a higher consciousness. Recently she has written two new books yet to be released on the subject of *Spiritual Intimacy*© and *BABAJI: My Meetings With A Real Avatar*, which she envisions will shift the current paradigm in relationships around the world to a new level of consciousness, free from anger and conflict.



SONDRA RAY and MARKUS RAY on their wedding day in INDIA

**Markus Ray** received his training in the arts, holding an MFA in painting from Tyler School of Art, Temple University in Philadelphia, PA, USA. Also a writer and a poet, he brings spirituality and sensuality together in these mediums of expression. He is the author of a major work, *Odes To The Divine Mother*, which contains 365 prose poems in praise of the Divine Feminine Energy. Along with the Odes are his paintings and images of the Divine Mother created around the world in his mission with Sondra Ray. This work will be available in April of 2015 on Amazon.

Markus is a presenter of the profound modern psychological/spiritual scripture, *A Course In Miracles*. He studied with his master, Tara Singh, for 17 years, in order to experience its truth directly. His spiritual quest has taken him to India many times with Tara Singh and Sondra Ray, where Muniraj, Babaji's foremost disciple, gave him the name Man Mohan, "The Poet who steals the hearts of the people". In all of his paintings, writings and lectures, Markus creates a quiet atmosphere of peace and clarity that is an invitation to go deeper into the realms of inner stillness, silence and beauty. He teaches, writes and paints along side of Sondra Ray, and many have been touched by their demonstration of a holy relationship in action. His iconic paintings of the Masters can be viewed on [www.MarkusRay.com](http://www.MarkusRay.com) which he often creates while his twin flame, Sondra Ray, is lecturing in seminars.





BABAJI, JESUS & THE DIVINE MOTHER painted in Dublin, Ireland

**Sondra Ray & Markus Ray** are brought together by the grace of their Master, Maha Avatar Herakahn Babaji. Babaji Himself said, "Markus is my Humbleness. Sondra is my Voice. Together they are my Love." As Ambassadors for Him, their mission is to bring His teaching of "*Truth, Simplicity, Love and Service to Mankind*" along with the presence of the Divine Mother to the world. They do so through seminars (like the New LRT®) and the healing practice of Liberation Breathing®, and the study of *A Course in Miracles*. They are unfolding the plan of Babaji, Jesus and the Divine Mother, which is beyond our wildest dreams! Their relationship is a shining example of what is possible through deep ease and no conflict. They can take you to a higher realm where Spiritual Intimacy©, miracles, and holy relationships can become real in your life. Their next book together, *Spiritual Intimacy: What You Really Want With A Mate*, will be out in the middle of 2015. Their various Sacred Quests around the world with Liberation Breathing® prepare many to receive more profound levels of *DIVINE PRESENCE* in their lives, and awaken more awareness of Immortal Love in their hearts.

\*In her early formative years before her life mission as a Rebirther, teacher and author, Ray earned a B.S. degree in Nursing from the University of Florida College of Nursing, and a Masters Degree in Public Health and Family Sociology from the University of Arizona. She was trained as a Nurse Practitioner in Obstetrics and Gynecology. During her assignment in the Peace Corps she was stationed in Peru, which prepared her for world service. During her service in the US Air Force she was stationed at Luke Air Force Base in Arizona.

\*\*Tara Singh, author, humanitarian, lecturer on *A Course in Miracles* was trained by Mr. J. Krishnamurti for over 30 years to prepare him for 3 years in silence....out of which came the blessing of his meeting with Dr. Helen Schucman, the scribe of *A Course in Miracles*. It was his intense relationship with Dr. Schucman, on a daily basis for over 2 and 1/2 years that served to ordain Tara Singh as one of the most authentic voices on this modern day scripture available in these times.