

Connecting The Finite and Infinite

By Thomas Merton Brightman
(for AHBI, Inner Door)

With a focus on the feminine, I immediately have thoughts of relationship, cooperation, interrelationship, interconnectedness and harmony. With that as my bias, I will focus on ways that I have witnessed clients *using breathwork to impact relationship with the finite and the infinite.*

I observe many aspects of the divine feminine surfacing in HB--the most prominent is the process of reconnecting. The predominance of my listed examples concerns surrender to relationship with self and others.

A mother first came by herself. Then she brought her youngest daughter and later a grandson. The daughter then brought her child. Later the mother of the grandson came and all five attended a training at the same time. They used breathwork to integrate family recovery efforts and to reconnect in a neutral setting. This family now plans a breathing reunion.

Many of my female clients use breathwork to process the death of a child, miscarriage and abortion experiences. One mother, in particular, achieved a major resolution with a twin child that died in its first year of life. She suppressed her feelings around death and focused on the living child. The power of her HB release underscored how much energy it took for her to repress this loss. Another mother is working through the loss of two sons to AIDS.

People recovering from surgery use breathing to process fears, other experience of major health challenges and the intrusive impact of surgery itself. Surgery is often turned over to those who control the mechanical process. Patients either do not fully express their feelings about surgery or experience the process as discounting their feelings. They use HB to rebalance themselves when the physical healing is sufficient to permit doing breathwork. Some do HB before surgery to release fear and to relax.

An 18 year old sentenced to prison for drug violations came with his father. They used breathing to process fear, anger and idealized suicide. They wanted to prepare for the emotional impact of the jail term and to begin work on healing family shame. The male dominated and politicized court system rejected all external attempts to find an alternate rehabilitative relationship for the youth -- the system chose punishment with separation. The father and son recognized the need to process their feelings and chose HB as a method they trusted.

Cancer survivors, particularly those struggling with the effects of Chemotherapy, use breathwork for nurturing, emotional release, and reconnection to their altered bodies. There is a wide range of side effects, yet most experience an undeniable shift in relationship to their bodies and to others. Cancer “cooties” are a real phenomenon. Many people stop touching those with cancer. Some write off cancer patients as already dead and begin distancing. Even when others do these things unconsciously, those with the cancer feel the shift. HB has been useful in expressing and healing these emotional wounds.

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Retiring military intelligence officers have used the process to assist re-integration into civilian life. Moving from a system that prescribes little if any trust, to open society that generally trusts, even indiscriminately, is a giant leap that can benefit from HB process.

A newly wed couple used the last three days of their honeymoon to transition from their celebration mode back to their new life together. Several couples do a breathwork on their wedding anniversary as an intimate sharing of personal growth.. Sharing the space of unknown releases of psychic and physical energy is a powerful trust walk for a couple.

A number of clients celebrate their birthday by doing a breathwork. Sometimes the HB is a birthday gift from their spouse or other committed partner. Clients come from ages 10 to 81.

A father introduced two children from separate marriages who had been unknown to each other for most of their lives. Many parents use breathwork to enhance interaction with their children.

A firefighter processed the death of his partner. Another dealt with the death of a rescued child. Clients from the professional ranks in emergency treatment, psychiatry and medical practice each use HB to deal with the stress of being in helping fields that are very demanding and draining..

Ministers, priests, nuns, deacons, teachers, and divinity student clients use breathwork for spiritual celebration, personal seeking and recovery work from a range of issues. Incest survivors and rape victims find breathwork useful to do anger and emotional rehabilitation work. Trust lost in trauma requires long-term rebuilding.

Individuals with mystical openings use the process for a safe place to process, discuss and integrate their experiences. Our society often judges those that other cultures honor as God intoxicants.

People in life transitions such as losses of employment, grief over death, marriage endings, bankruptcies and mid-life demands use breathwork to cope with the unknown aspects on endings, beginnings and uncertainties.

Therapists use breathing as one way to do their own extended work so that they can stay out of the way of their clients by continuing to process their issues. Therapists who serve AIDS clients, as well as, hospice workers use breathwork to help process their emotions around such feeling-based vocations.

In large workshops, we often do not learn what benefit a breather ultimately receives from doing HB. Over time, in our private practices and smaller workshops, we often graphically witness long-term client benefits.

It is useful to educate the world-at-large about the features of HB, but it is sometimes more powerful to share its opportunities and benefits. People seek benefits more than features. To my experience, HB greatly assists individuals in touching the divine feminine and welcoming it back to our everyday awareness and action.