

**Question:** Inquiry from someone who attempted to experience an “emotional release process” with their mother facilitating them.

**Reply:** We are not certain what process you are referring to in your email but believe you were describing the stillpoint breathing/connected breath process. We will answer your inquiry based on that assumption. If what you experienced did not involve the breath, please give us more information on what you were instructed to do.

You asked for insight about temporary physical sensations of pain and numbness and disturbing mental images you experienced while being facilitated by your mother. First of all, I'd like to assure you that what you described is not uncommon. However, you were right in thinking that it's best to be in the hands of someone more experienced in the process before attempting to process on your own or with someone new to the technique (at least for the first 10 sessions). An experienced facilitator can help you remain focused on the process and move through any temporary disturbing effects. As to your question about needing to see auras--no, it isn't necessary for a facilitator see auras. Someone with that ability could provide an added dimension to the experience, perhaps, but it isn't necessary. An experienced facilitator keeps you focused on the breath itself. The breath does the work.

The object of the process is not to get stuck in drama and trauma or superimpose a positive image over a deep negative issue. Experience has shown us that this isn't what changes life patterns. The purpose of connecting the breath is to bring our energy field to a more natural state of vibration. It is a comparatively gentle way to move through resistance (blocks) and forgive or “untie” negative patterns in our unconscious mind that hold us in negative life cycles. Being freed of limits or blocks in this way helps us to harmonize with life and more fully express who we are.

As to the reality of past lives, we obviously don't know anything for certain. We can hypothesize and speculate, but each person eventually must make his or her own decision about whether or not that is a logical reality for them. For what we are doing with the breath, it doesn't matter. Wherever the beliefs and judgments buried in our subconscious mind come from, they affect our lives today. Using the breath to dismantle their negative effects will help us to function more consciously and with less “baggage.”

Although your therapist is not well versed in this particular process, her insight can, of course, assist you to handle specific issues that come to your awareness. In

regard to using a close family member to help you, I would suggest (at least for the first 10 sessions) that you seek assistance from someone more detached from your personal life. Being with someone neutral can free you to express what's happening without hesitation or withholding anything.