

Q & A with Geoff Brandenburg

Geoff works as an intuitive and spiritual consultant and breathwork healer, based on his training in integrative breathwork and 17 years of experience. The goal of this work is to bring healing and Light to the wounded aspects of the emotional and spiritual selves, and to master one's life.

“I thought emotional healing meant just ‘letting go’ of things. Can you explain what emotional healing is to me?”

The answer begins by understanding what emotions are. They are the many faces of your will to live, expressing as the desire for growth, individuation and spiritual self-realisation—if they are healthy. When emotions are wounded, they become reactive and painful—just like your nerve endings send a message of pain in your body.

Emotions become wounded through being judged and denied. For example, the classic “children should be seen and not heard” has been the source of enormous fear, ignorance, judgement and denial of children's normal emotions. When children are denied expression of emotions, they learn to judge and deny themselves, which lays the foundation for many complex dysfunctions.

Grief is the natural emotional response to being judged or denied. Grief is love and intelligence that has not been shared or given, a potential Light-bearing bond that has not been realised, usually from separation and trauma. For emotions to heal, the story of grief that holds them needs to be told, and all the emotions to be held with love and acceptance. This is not simply mental work—the emotions need to move in the body through the breath and awaken the life-force trapped in them into creative movement in every way possible. A release of negative charge does occur as the emotions re-engage with life.

Properly structured breathwork can and does bring movement, evolution and healing to all wounded emotions, so that they evolve into radiant expressions of our Soul's love.

“What role does conscious emotional healing play in a spiritual life?”

A profoundly important and necessary one. Light cannot bring its expansive healing into our life where we hold denial of any part of ourselves. Spirit inspires, and the emotions are meant to receive and respond. The pure Vision of Spirit requires the emotions to not only respond with desire, but also to assist in magnetizing change and greater Light presence on the physical plane.

When people attempt to live a spiritual life with unfinished emotional healing, they limit what Light can do for them. This can actually increase the denial of the emotions,

which creates further damage to all parts of the Self and Soul.

Conscious spirituality means taking full responsibility for all parts of ourselves, and evolving all of them. Though it can mean a deeply challenging journey, the ultimate integration, forgiveness and liberation that comes from weaving emotional healing into the spiritual life is a tremendous step forward in the Soul's journey.