



DEEP RELEASING

THE SESSION

Q & A

**56 QUESTIONS AND ANSWERS
ABOUT GETTING A SESSION
&
HOW TO PREPARE
MYSELF**

MARC B. RÜEDI

BASICS ABOUT GETTING A SESSION

The Session Q & A

CONTENT

Foreword

PART A – General Questions

PART B – Special Questions

PART C – How to Prepare Myself for the Session



Foreword

Welcome !

This booklet should answer practically all your questions about 'getting a session'. If it does not, then ask me – just PM me in our FB group –

RELEASE IT <https://web.facebook.com/groups/releaseit/> .

There are 3 more free booklets which could be helpful for you to understand what we do:

No-2 Why a Session really works?

Simple explanations WHY and HOW a Session 'Technically' works. 16 pages A5

No-17 A Few Testimonials

What do others experience when they get a session with 'Deep RELEASING' ? Here are a few Testimonials. 12 pages A5.

No-3 An Introduction to 'Deep Releasing'

Explaining what 'Releasing' is and how 'Deep RELEASING' works. 45 pages A5.

All Both booklets are free to download from the FILES of this group: <https://web.facebook.com/groups/releaseit/> .

PART A:

GENERAL QUESTIONS

1 - WHAT IS MY FIRST STEP TO GET A SESSION?

Get in contact with me (best: PM me on my FB group: <https://web.facebook.com/groups/releaseit/>) tell me a few words about yourself and why you want to have a session. We will then either make an appointment for the session right away or for a chat before we do a session together. Then to book your session you will need to pay to the PayPal account I will give you and pay before we do the session.

2 - WHAT IS THE SESSION FORMAT?

The session is a guided talk. I am asking you questions and asking you to look in your subconscious for the answers. These are not 'personal' questions. There is no invalidation or evaluation, no judgment and no advice. I will simply guide you and in this way you will find the answers to your problem for yourself.

3 - WILL I FEEL THE CHANGE?

Yes – definitely. You will feel energy-shifts and you will KNOW that things have changed.

4 - DO YOU DO IT OVER THE INTERNET?

YES – normally over Zoom. The audio is clearer than in Messenger. I do not use Skype as it did delete itself 3 times and I lost all my contacts in it every time. No Skype for me anymore.

5 - DO YOU USE VIDEO – OR VOICE ONLY?

If possible video – it simply gives me more information. But if the Internet is too slow we do it by voice only. We do not do it over WhatsApp – as this does not run on my computer.

6 - HOW LONG IS A SESSION?

Between 45 and 90 minutes, it can be longer but rarely.

7 - HOW IS A SESSION DIFFERENT FROM A SIMPLE CHAT?

In a session you will be asked questions and be asked to look inside for what ‘automatically’ comes up and feel it. There is no ‘thinking’ going on. We do NOT try to logically find out ‘what is wrong with you’. We go deep and find the stuck thoughts, emotions and body-sensations and release them through feeling them and accepting that they are there. At the end we release the remains of the ‘Stuck Energy Cloud’ itself – from where the problem originated. It is easy – you will be astonished.

8 - WHAT DOES IT MEAN TO BE IN SESSION?

The definition is: “Interested in the real source of my problems and willing to speak to the facilitator.”

9 - DO I HAVE TO ‘TELL ALL’?

No. If something comes up you don’t want to talk about, just say so.

I do not need to know what it is about – as strange as this might sound. It is enough that YOU know it.

We call it the ‘blue ball technique’. You create a blue (or any color) ball and put the problem or incident with everything connected to it into this ball.

From now on we will only work with this ball....

It works very well.

10 - HOW MANY SESSIONS DO I NEED?

One session can normally fully release one big, deep life-long problem. It will already change your life and you can feel it and you will know it.

But if we have to deal with a very heavy traumatic incident, like a severe abuse, we will need 2 sessions to clean all out – as we do it from 2 different viewpoints – in different depths.

If this problem was omnipresent in your life and somehow defined your reality and mood-patterns – we will need a few sessions more (max. 2 to 3) to detect and clean out all aspects of it. But then it’s done and gone – forever.

11 - IF I BOOK A FEW SESSIONS – HOW OFTEN SHOULD WE MEET?

Best would be a rate of 2 sessions a week. This keeps up the momentum of change.

12 - WHAT IS THE SUCCESS RATE?

If you have no organic impairment like a brain injury etc., if you are not taking any psychoactive substances like painkillers, psychiatric medicine, drugs, including smoking weed from time to time etc. – the success rate is ca. 95%, 3% more will greatly benefit from it. About 2% will not benefit. But they have a money back guarantee.

13 - WHY SHOULD I HAVE TO PAY FOR A SESSION?

You pay for the time – not for the content of the session.

Nevertheless you pay per session – so if a session is 45 minutes or 90 minutes it is the same price.

14 - WHAT DO SESSIONS COST ME?

For one session I ask for USD 60

For six sessions I ask for USD 300

15 - CAN I GET A FREE SESSION?

Normally not.

I have decided to give all the materials for free – ALL the materials! – but to charge for my time I spend with you.

16 - WHY DO I HAVE TO PAY *BEFORE* THE SESSION?

It is important that the situation between the facilitator and the person is clear and clean before we start a session. Financial matters should be out of the way, so we can concentrate on the sessions only.

17 - DO I GET MY MONEY BACK IF THE SESSION IS NOT SUCCESSFUL?

YES. No questions asked. It happens once or twice a year for different reasons and it is a one-click money-back action on PayPal within a very short time.

18 - HOW DO I PAY?

Get in touch with me. We need to have a short chat before deciding about working together anyway. I will then give you the link to my PayPal account. There you can pay even without having an account and with most credit cards.

Best is to PM me over FB.

<https://web.facebook.com/groups/releaseit/>

19 - IF I GET A SESSION WILL YOU TRY TO SELL ME MORE SESSIONS?

No.

20 - DOES A SESSION REALLY WORK AND 'CHANGE REALITY'?

Absolutely. When you fully see and unblock the reasons why you create a negative reality – you will be able to change your ways of thinking and feeling and create a more desirable reality – and life will follow.

21 - WHAT KINDS OF PROBLEMS DO YOU WORK WITH ?

Any kinds of mental and emotional problems including psychosomatic body-sensations.

22 - IS A SESSION 100 % CONFIDENTIAL?

Yes. Not only the session, but our conversation around the session and the fact that you get a session from me is confidential too.

23 - DO I HAVE TO PREPARE ANYTHING FOR THE SESSION?

No. But you should be 'sessionable'.

Please read [here](#) how to prepare yourself for a session.

24 - IF I AM LATE FOR THE SESSION – HOW LONG DO YOU WAIT?

15 minutes. After that you will need to make a new appointment.

PART B: SPECIAL QUESTIONS

25 - WHAT IF I HAVE DIFFICULTIES IN FEELING EMOTIONS?

This is not a problem.

26 - WHAT IF I CANNOT SEE PICTURES?

This is not a problem.

27 - WHAT IF I DO NOT BELIEVE IN PAST LIVES?

This is not a problem. Past lives are not needed.

28 - I HAVE HAD A NEGATIVE EXPERIENCE – HOW DO I KNOW I CAN TRUST YOU?

Look at my FB group and my writings. Have a chat with me. Try to feel into what I really do. Read the booklet introducing the 'Deep RELEASING'. Then trust your feeling.

29 - I AM SMOKING WEED TO RELAX FROM TIME TO TIME. IS THIS A PROBLEM?

I do not judge what is best for you. But technically we want to transfer subconscious material out of the subconscious and

make it conscious. For doing this you need to be ‘fully awake’ and not influenced by any substance that changes your mood and feelings. Weed tends to lower your level of connectedness and awareness toward the problem we want to look at. There are a lot of substances which will reduce your ability to be in session, this includes a simple Aspirin, Painkillers or the use of CBD, etc.

30 - I NEED TO TAKE MY PSYCHIATRIC MEDICINE – WHAT SHOULD I DO ?

I do NOT ask you to reduce or stop taking prescribed medicine. But if you want to do that I advise you to reduce it in very small steps after consulting the prescribing doctor. You can wait with this until you have started to work with me and we have found and released the main charge behind the problem.

31 - SO YOU STILL WORK WITH SOMEONE WHO IS ON PSYCHIATRIC MEDICINE?

It all depends upon the circumstances and we have to try it out. I cannot guarantee results in this case.

32 - I CANNOT WORK WITH A FACILITATOR – I NEED TO WORK ON MYSELF – IS THIS POSSIBLE?

Yes you can learn the tech and give yourself sessions. Some people are very good at that – others want to rely on a professional to do it with them – at least in the beginning. People are vastly different. If you had a heavy abuse problem

in the past or something similarly overwhelming I would recommend to first get a few sessions before you try to do it by yourself. To get at least one session is part of learning the technique. This has proven to be necessary in most cases.

33 - HOW DO I LEARN THIS TECH ?

We have a very professional course pack. A lot of work went into making it really easy to study and assimilate the 'Deep RELEASING' technique.

You can download it for free if you join our email-group:
<https://www.facebook.com/groups/releaseit>

34 - MY MOTHER WANTS ME TO GET A SESSION. DO YOU THINK IT WOULD BE GOOD FOR ME?

You need to be in session on your own self-determinism. This is crucial. YOU need to want to do this – and not do it because someone else urged you to have a session. If YOU don't really want to do it by yourself it will probably not work.

35 - SOMEONE TOLD ME THAT I HAVE A BAD KARMA BECAUSE I KILLED SOMEONE IN MY LAST LIFETIME. CAN YOU HELP ME?

In a session we are working with what is really here in the moment when we are in session. If you would have a substantial feeling of guilt that you can really feel – then yes, we would take this up. Otherwise we do not use beliefs or what someone else told you to believe.

36 - I HAVE A SICKNESS. CAN YOU HEAL ME?

Sessions are not for treating sickness. You need to get medical attention for the sickness. We do neither diagnose anything nor treat any sickness.

37 - I UNDERSTAND THAT YOU DO NOT 'HEAL SICKNESS' – BUT COULD A SESSION BE BENEFICIAL?

Yes. Getting rid of the stuck negative energies (blockages) might help the body to activate its own healing energies – but how much this will help you to overcome your sickness at the state it is in cannot be foreseen and nothing can be promised.

38 - I DON'T REALLY HAVE A PROBLEM - I JUST WANT TO EXPERIENCE A SESSION

A session will only work well if you really want to get rid of a real, substantial problem. If you don't have a real problem, enjoy – and study the materials instead.

39 - I WANT TO HAVE SESSIONS BUT I HAVE NO MONEY

This is a common problem. I can only suggest that you try to see this as a challenge and try to overcome this problem. If you really need and want a session you should be able to make it. My prices are more than reasonable for what you get.

40 - IS THIS SIMILAR TO EFT ?

EFT is also a 'releasing tool', yes – BUT very shallow compared to 'Deep RELEASING'. You cannot really compare them at all. Read the 'Introduction to Releasing'.

41 - IS THIS SIMILAR TO THE SEDONA METHOD?

In part. Again: it is much more thorough and they cannot really be compared. Read the 'Introduction to Releasing' and you will understand the difference.

42 – I AM NOT SURE IF THIS WILL WORK WITH ME – BECAUSE MY SITUATION IS SPECIAL

Your situation is special and YOU are very special. Yes. But we treat each person individually. Start with reading the 'Introduction to Releasing' and you will understand the very deep principles behind it. It will work for your situation too.

43 - MY PROBLEM IS 'THE OTHER PEOPLE'

That might be true. Whether it is your fault or not we need to start someplace. We need to ask questions like:

“What can we do to change the situation?”

“Why is this happening to me?”

44 - DO I HAVE TO BELIEVE THAT IT WORKS?

No.

45 - IS THIS RELEASING A FORM OF ENERGY-HEALING?

While subtle energies are always involved – it is at its core NOT what we commonly understand by ‘Energy Healing’.

No energy is transferred from me to you. On the contrary: we look for stuck energies and dissolve them so the blockages that they create will dissolve too.

46 - I WANT A SESSION BUT I DON'T WANT TO REMEMBER BAD THINGS

This is understandable.

I can assure you that you will NOT be overwhelmed by your bad memories again. We do not need to go into any details of past stories – we have a smarter and faster way to do this. Yes you will feel some low emotions – but you will be able to observe them and dissolve these feelings and let them flow out until there are NO bad emotions left.

47 - I HAVE NO MONEY AND DON'T KNOW HOW TO SURVIVE NEXT WEEK. I NEED A SESSION TO CHANGE THAT.

If you have such a present time problem this needs to be solved first as it would interfere with your ability to get a session. Your attention would be fixed on this problem and with that a real session could not occur.

48 - ARE YOU A MEMBER OF ANY BELIEF SYSTEM?

No.

49 - I HAVE TRIED A LOT OF THINGS AND NOTHING WORKED, WHY WOULD THIS BE DIFFERENT?

Because we use the new 'Deep RELEASING' technique. It is a 4-Stage Releasing method. It is fast, simple, deep and permanent. I can honestly say that I am sure that there is no other comparable technique out there.

50 - I HAVE DONE RELEASING FOR 5 YEARS AND I AM STILL NOT FREE OF MY CHILDHOOD ABUSE. HOW DO YOU KNOW YOU CAN CHANGE THAT?

Read the 'Introduction to Deep RELEASING' and get a feeling how different this approach is from what you did so far. (See at the end of this page how to get it).

51 - DO YOU GUARANTEE SUCCESS?

How could I? You are not a mechanical robot that needs a little repair – you are a living human Being and I will mainly help you to 'repair' yourself.

But from long experience – if you are sincere and really work with me, yes I do. That's why I can promise: if you are not happy with the result, you get your money back. Simple.

52 - DO YOU THINK I CAN LEARN THIS AND MAKE MONEY WITH IT?

Yes, to some degree.

But don't use that as your only motivation to get a session.

Keep in mind that most coaches or facilitators can NOT make a living from giving sessions. There is too much competition and the quality of coaching is mostly poor and results are not permanent. It takes a while for clients before they realize that your service is different and that you deliver permanent results.

To be successful and able to live from this activity will take some time. You should start it as a 2nd 'job' and have your attention on the difference you make to people's lives – and not on the money.

53 - I HAVE A STRONG RELIGIOUS BELIEF – DOES A SESSION STILL WORK FOR ME ?

If you believe that 'God helps those who help themselves' – then yes. If you believe that everything is determined by God, then you are not really ready to take responsibility for your situation – and that is a prerequisite.

54 - I AM NOT HAPPY – BUT I DON'T KNOW WHAT THE PROBLEM IS. CAN YOU STILL HELP ME?

The chances are pretty good, yes. We will have a thorough chat to try to find out what really is behind it. But I do not guarantee anything.

55 - I HAVE PTSD – CAN YOU HELP ME?

Most probably yes. We will first use the TIER Process to do that. (TIER = Traumatic Incident ERasing).

56 - CAN A SESSION BE DANGEROUS? COULD I GET OVERRESTIMULATED AND GO CRAZY?

No. The way we work is to take up any re-stimulated negative energy and dissolve it right away. There is no possibility that you might be over-charged and 'go crazy'.

PART C:

HOW TO PREPARE MYSELF FOR THE SESSION?

If we do a session together (over the Internet) please consider the following points:

Technical:

- Get Zoom. But if you don't have it yet, it will install itself with the first call (free). The communication is clearer than over Messenger.
- If possible, have a head set with earphones and microphone ready - especially if you use your smart-phone. This way the microphone is always at the same place, which makes it easier to understand you.
- Use a holder for your mobile if you use the mobile – don't keep it in your hands all the time.
- Make sure you have a webcam.
- Try to get the best connection possible, like being close to the WiFi station.
- Close down all other apps on your phone or computer.
- Have your phone fully charged (if you use a phone) or recharging possibilities ready.

Personal:

- No alcohol on the day before the session.
- No hangover from the night before.
- No psychotropic drugs – if you do take, tell me and we have to assess the situation.
- No anti-depressants (for 5 days).
- No street drugs (for 3 weeks).
- No Painkillers (for 2-3 days).
- No CBD (for 1 week).
- No substance that influences your mental or emotional state or ‘relaxes’ you – none at all.
- Be well rested, not tired, not hungry.
- Have some drinking water ready.

Room and Time

- Make sure that you are alone in a room and that you will not be disturbed.
- See that the room is not too hot or too cold. Especially in a room that is too cold it is very hard to do a successful session.
- Shut down your phone (if you do not use it for the session), or put it in the ‘don’t disturb’ mode.
- Reserve enough time – 2 hours is a minimum. While a session normally does not last more than 90 minutes, it can sometimes also take up to 2 hours.

- Don't have someone waiting for you after the session.
- Don't schedule something very important right after the session. You should have all your attention on the session and relax afterwards (enjoy your new state!).

Please note also: It is not necessary that you have already formulated your exact problem before the session. We will do this together.

If you have a Present Time Problem (a problem that is very strong and which has to be solved in real life - NOW) – OR if you have had a Break in Relationship with someone (a big argument just before the session) and still feel in a 'different mood' because of that – then please tell me about it before we start, even if it is now 'nearly ok'. We will sort it out as the first thing and then we can handle the problem you originally came to handle.

© 2020 Marc Rüedi

(text edited by Rolf Dane)

To connect with Mark for a session or just to ask questions:

You best PM me on our FB group:

FB: <https://web.facebook.com/groups/releaseit/>

Mark: scienceofreleasing@gmail.com