

DEEP RELEASING

WHY A SESSION REALLY WORKS

Some simple explanations
why and how a session
technically works

MARC B. RÜEDI

BASIC-BASICS

CONTENT

- 1) CAN A SESSION CHANGE MY REALITY ?
- 2) OVERCOMING OVERWHELMS AND LOSSES
- 3) THE WONDERS OF FREE COMMUNICATION
- 4) GETTING THE GUIDED TOUR
- 5) ABOUT 'SYMPTOMS' AND 'PROBLEMS'
- 6) FROM CONFUSION TO CLEAR AND AWAKE
- 7) DOES THE COACH HAVE TO BE A FRIEND?

LINKS

1) Can a Session Change My Reality?

When someone has a serious problem that he sees no solution to, we say *he is stuck* in that problem. The problem and its elements are *so real* and the person is convinced that there is nothing a coach, a session or anybody can change about that. He is stuck in the problem and stuck in life. We meet situations and statements like:

"I have lost all of my fortune some months ago. I am 65 – now my life is over.

Will a session bring me back my money?"

"I just lost my job, nobody wants me. Can a session bring me a job or find me a friend?"

"My husband died a year ago. Will I be happy about being alone after getting a session?"

For each person in the above examples, all the elements are so real – not only the physical or objective facts – but also the pains and sufferings the problem contains.

The person will think that *"There is nothing that can be done about it!"*

Well, there is hope – just read on. Here is an important datum:

It is not the facts that form our reality - it is the significance given to these facts.

By Significance we mean the meaning and importance assigned to a datum.

And there is more to it:

This significance is not given consciously – it is assigned automatically from our subconscious mind.

We have all these old values and experiences and our set way of looking at life. We have a whole hidden archive – our huge but hidden library and archive that tells us all we need to know, think, feel and do in life – and it is residing in our subconscious mind. There are a lot of ‘file cabinets’ out of order. It is quite a messy and moldy place down there.

Yet, this messy archive dictates our Reality. It contains all our ‘Truths’, all our stable data we use in living; all our pains and sufferings from bad experiences.

Therefore, in a stressful and unexpected situation we can easily become overwhelmed by all this messy and disturbing content. We get overwhelmed by negative feelings and disturbing thoughts; by panic-ridden or gloomy scenarios and so on. All this tells us what is ‘real’ by inflicting pain and negative emotions upon us etc.

Yet there *are* different realities. If we change our viewpoint the world looks different. If we rise above the problem we may see good solutions. If we look at it from this and that angle it may all change and resolve.

2) Overcoming Overwhelms and Losses

Overwhelms and losses are part of the content in the subconscious mind. It has taught the person some negative lessons that he thinks will repeat themselves. He now believes he cannot succeed; that life is very hard and dangerous. There are layers of low emotions and negative thoughts in his subconscious mind – they can even be found in the body itself as tensions and energies.

A coach will direct the person to take a good look at these things, one by one. By doing it step by step each element is easy to confront. Now it is interesting rather than overwhelming. The coach directs the person to look at, feel and examine one element and thereby release its energy. The person will realize that this feeling or energy comes from the subconscious. Then we go on to the next element – and in this way we continue until all the burdensome emotions and negative thoughts, etc. are released. The negative energy, the charge, is taken care of and let go. When we keep this up the person will experience an **Energy Shift. Vitality will return!**

This happens routinely in just one session. He will feel a clear difference.

It may take a couple of additional sessions to get the full benefits available.

He will feel that his vitality and good spirits have returned. His vibrational tone has been raised. Life is worth living again!

3) The Wonders of Free Communication

Have you ever told intimate personal experiences and secrets to a complete stranger? Maybe to the person next to you on a long journey. You knew that you wouldn't see this person again so you didn't have to worry about your reputation or gossip getting around.

If you have tried that, you may have wondered about the words that came out of your mouth. You told things freely without the restraint of having to look good. Your communication was flowing freely and you saw and realized new things about yourself, the problem you were stuck in, and your past experiences.

Why is that?

Your mind and space wasn't cluttered up with concerns of who the other person was. There weren't coming up a lot of doubts and fears etc. from the subconscious mind to hold the free communication back. It was all the unfiltered truth as you saw it.

In the same way the coach is a 'stranger'; a patient and interested listener you can tell it all to. He is a person you can trust. He will not judge or utter own opinions but will provide the space and opportunity where you can sort it all out.

You may be surprised what you get access to and say; and about the new insights and discoveries you make about yourself, your 'unsolvable' situation, and your experiences.

4) Getting the Guided Tour

Can you look at an unpleasant feeling or thought of yours in isolation and get its energy? Or does it simply trigger more negative stuff like it?

What happens if you think of something unpleasant? Can you do that without shying away? Or do you try to escape by thinking of something nice and positive instead?

To focus on negative stuff and benefit from it, you need an experienced guide to show you your inner world – you need a facilitator, a coach.

The facilitator will help you stay focused and observe an element safely.

He will guide you to focus on one element at a time – one emotion, one body-sensation or one thought. You may think of this as unpleasant, but under competent guidance it is actually a journey of discovery. You discover yourself and **especially what really isn't you**. All the burdening baggage you have accumulated. You have stored all this junk of yours in the subconscious mind. It takes some competent help to clean house.

The facilitator ensures that you are safe, that you remain an explorer that can observe things. The facilitator is the rope holder on this expedition to your inner world. You explore all your subconscious reactions and fears and discharge them one by one.

5) About Symptoms and Problems

Let's assume a person has a problem. It could be a personal problem – like obsessive thoughts he cannot get rid of; or an emotional problem – the person feels sad, worried or angry or similar – and it happens all too often. It could be a combination of the two for that matter. Now, the person comes into the session and tries to explain the problem. Yes, it has to do with a bad experience and with his mother. It is explained in detail and that is fine but the person is still upset. The person says, he is afraid that nothing can be done about it. He has tried 'everything' and nothing has worked.

Why is that?

Shouldn't the detailed account make the whole thing dissolve and disappear?

Not necessarily. The situation is that we only have found the symptoms, the surface charge – not the real underlying problem, the harmful energy.

If we had found the real charge – the real energy behind the problem – the whole thing would disappear.

If the telling of the story and all the details and circumstances had been the whole problem, it would have shifted out of the subconscious from where it hides – it would all have come out in the open and thus lost its power to overwhelm.

In Science of Releasing we make sure to find the real charge and release it. Whatever the original complaint was, it could in a practical sense still be a 'problem'. But technically it would

have moved from the problem category to now being a challenge. The person would not be overwhelmed by it but would know exactly what to do to resolve the situation.

And this is what sessions are all about. We go from learning the symptoms from the client, to have him discover the real problem – the charged elements behind its resistive and stuck nature. Once he has found the real source, we can discharge it rather quickly. This is an adventure that starts in seriousness, pain and agony and routinely ends in relief and laughter.

6) From Confusion to Waking up and going Clear

Have you ever wondered what the difference is between a normal chat and a session? We will answer that question in a moment. Let's first start a step earlier – in a person's first attempt in a solo-session. Even after the problem has been defined, he doesn't really know exactly where he will find the central charges. He may be tempted to jump from one thing to another. This reflects the nature of an overwhelming problem. It is a confusion of forces, emotions and intentions that work against each other. They are locked up in a timeless stalemate. The situation causes endless thoughts that go around in circles, generates negative emotions and sometimes even disturbing body-sensations and illness.

With all that going on we need to call a competent coach. The coach doesn't fool around but follows a careful step-by-step plan, a so-called process or protocol.

Furthermore, one of the most basic skills a competent coach uses when working with a client, is to make sure that each step of a given process is taken to its end-point. This is the point where all available charge on that step has been fully released. What he doesn't do, is to just leave a question when there were more charge available. If he would jump from one thing to the other, nothing would be fully resolved; betterment of the person would be questionable or slow. This principle of making sure to finish things is called Completing Cycles of Action. Using this principle in sessions makes a big difference to results. And this is a major difference between a chat and a session. In a session we don't leave charge behind. You could

say we want the subconscious mess to be cleaned out and leave the plate sparkly clean – not ‘sort of clean’ but still showing traces of gravy and a few other smelly leftovers. The job is to clear the person and bring him to a better and more awake state – and this requires completed cycles of action.

7) Does the Coach Have To Be a Friend?

Sometimes a person thinks that sessions will only work if the facilitator is a man; and others may think it will only work with a woman. Another person yet may think that there has to be a special bond between them from the get-go for it to work.

In other words, you may think that unless it is just the right person for you ‘it is not going to work’.

We have however seen, time and again, that once you have a professional facilitator, these types of problems disappear. The facilitator is staying in the background as a specialist but still with a friendly and caring attitude. But part of his role is to stay almost invisible. His role is not to become a friend but to guide you through some emotional moments that are hard or impossible to get through on your own.

He is not there for conversation or giving advice. He is there to guide you to look into your subconscious mind. What happens between you and your subconscious mind is where the action is!

His job is to facilitate this communication between you and your subconscious! The subconscious is where the charge of

negative feelings, thoughts, emotions etc. is stored. The careful exploring releases and discharges its harmful effects.

The facilitator may at times gently insist that you keep looking, feeling and discharging. You do need an experienced guide to get you through some of the rough spots.

Rest assured that the facilitator has your best interests at heart. He is skilled in getting you through some confusions and emotional moments and dis-charge them. In that sense he is the best friend you can find – but on a higher level. He ensures that you in the end arrive in a much better shape!

LINKS

Connect to me, Mark, for a session or just to ask questions:

You best PM me on our FB group RELEASE IT

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

To contact me by email use:

scienceofreleasing@gmail.com

This text is a co-production between Marc Rüedi and Rolf Dane.

© 2020, Marc Rüedi/Rolf Dane