

THE TOUCH & YAWN EXERCISES

**The Best Grounding Exercises ever
to Unstress Yourself**

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Hi . . . sorry to remind you – but

Exercises are only as valuable as
they are DONE ;-)



THE TOUCH & YAWN EXERCISES

The Best Grounding Exercise ever to Unstress Yourself

This exercise is so-o-o basic. They release a lot of stress and exhaustion and bring you back into present time.

You may think I am joking - but I am not.

Introduction

The Secret of Yawning

Let's assume it's already late. You would like to end the visit at your friends' place and go home again - or maybe you are waiting for your guests to leave. You don't show it; you are polite. Instead you wait and wait – and start yawning. Are you yawning because you are tired? Or is it because you are 'waiting' and start to become impatient? Does Yawning mean that you are tired - or simply that '*you don't want anymore*' and the body tries to push the Reset Switch?

Yawning – According to Wiki

Wiki (<http://en.wikipedia.org/wiki/Yawn>) says: *"Approximately 20 physiological reasons for yawning have been proposed by scholars, but there is little agreement about its main functions."*





*In animals we see 'yawning' sometimes as an **"Übersprungs-Handlung"** (Konrad Lorenz).*

There is no good English word for this - it is probably best translated as an 'action out of sequence' ('jumping over' the next logical step).

*A dog or a cat (or another animal) - when caught between two opposed behavior patterns of similar strength - like 'the urge to flee versus the desire to come close and get the offered food - might surprise us by suddenly sitting down and yawn. It looks like the animal is confused - it does not know what to do - and the yawn-reflex is like **pushing a Reset Switch** to clear out the information-conflict or information-overflow in the brain.*

***Yawning already happens in the womb.** It starts when the foetus is between 3 to 4 months old - and happens mostly during the especially active development phases of the brain. It is therefore hardly a sign for missing oxygen - as some propose. It seems more to be a Re-Balancing, Reset-, Debugging- or Unblocking- action of the brain - to clean it out from an*

information jam - or overflow. It seems to be a 'computer maintenance program'.

And as the Mammalian Brain and the Big Brain are not yet much developed in this stage – it probably is a function of the Reptilian Brain, the oldest and most basic survival brain. It might well have to do with balancing out its right and left hemisphere. And therefore yes – as expected: Snakes do yawn too! (If you don't believe me – google it!).

*Yawning is therefore a very basic and powerful action - as **with Yawning we can directly access and influence the deepest layers of our brains** - which is the reason for its contagiousness.*

Similar to laughing - most people are re-stimulated by it, whether they want - or not.

How to use the Yawning

Here are some simple exercises you can do after a stressful day – or whenever you need it. First a few words to set the stage:

Do the exercises when you are alone and when you will not be disturbed (shut off your phone).

Do not attempt to do these exercises when you are sick or on any drugs or any psychiatric medicine - or even painkillers. It will not work properly – or work too deeply and you will have a hard time to get out of it again, depending on what the circumstances are, for several days. (If you take street drugs - even if only once a week - you shouldn't attempt it at all.) Take the exercises seriously. You can only get out what you put into them.

The 'Touch and Yawn Exercise' - Part I

You stand in your room.

You look at an object. You go over to it.

You say out loud: “*This is a ... (e.g. 'chair')*” and you touch and feel it.

At the same time you yawn (forcefully - on purpose).

Then you let go of this object.

Now, look at something else, go over to it, and say out loud: “*This is a (e.g. 'book shelf')*”.

Touch it, feel it and yawn.

And so on.

After a short while the yawning will come naturally. If the yawning does not come by itself right away, give it some time - it will come. If you run out of things to touch, you can use the same things all over again. You should do it until the yawning comes naturally. Then continue with this exercise as long as you still have the urge to yawn.

You should only stop when the urge to yawn is gone again. There will probably be different layers of yawning.

This exercise may take 15 to 20 minutes - or up to 2 hours and even longer in some cases. It is all up to you and your engagement to really go for it.

You do it until it is ‘flat’, meaning: you feel good and there is no change anymore (no more yawning or other ‘manifestations’ coming up..

In this way you dis-charge accumulated charge (earlier overwhelm) in your subconscious. You will discharge what ‘stress’ has built up during the day – and sometimes even part of your chronic (old) stress level and charge as well.

The ‘Touch and Yawn Exercise’ - Part II

You do the same thing. But this time you sit down at a table with some objects on it.

Now, you touch an object – name it and yawn. *“This is my ball pen.”*

Then you name a part of your body, touch it and yawn:

“This is my left knee”- touch it and yawn.

Then you chose another object on the table:

“This is my phone” – touch it and yawn.

Then you go back to the body:

“This is my right knee”- touch it and yawn.

Etc.

You alternate between an object and a body part – or you can take the same body party for as long as you feel it needs. Up to you.

Again: do it until it is 'flat', meaning: you feel good and there is no change (no yawning or other reaction) anymore.

Additional Information

How these Exercises Benefit You

The exercises bring you out of the 'Enclosure in the Mind' – the condition where your thoughts are going in circles and on automatic. What the mind really needs and is searching for, are objects and things it can direct its attention towards. It is searching for what we call **Havingness** (things it can 'have').

Doing these exercises makes you brighter and detaches you from worries.

You will feel more relaxed and better connected to the physical universe.

Assessing the Effectiveness of the Exercises

Before you start the exercises, establish how you feel.

On a scale from 1-10, 10 being the best, give it a number.

E.g.: "About a 4."

After the exercises use this scale again and give yourself a number of how you feel now: E.g.: "Between a 7 and 8."

Using this scale will tell you how well it has worked and

whether any problem is now already fully solved or not.

This method of quantifying subjective qualities works very well
- it is simple and accurate!

The three Parts of the Exercises Explained

Yawning

It is interesting that we can start yawning consciously. We can trigger the natural yawning reflex. By doing so, we re-balance our brain and dissolve the layers of mist and clouds that have accumulated and covered our 'inner sun'.

Yawning is as important as brushing our teeth and being able to laugh about ourselves. It is part of the 'Inner Hygiene'.

Touching

A basic need of our 'inner universe' is to have 'mental mass'.

On a conscious level we love to have positive thoughts - anchors - things we can think of and feel good about. Things like 'Thank God it's Friday!' - or: 'Only two months more to my holidays!'.

Subconsciously the same need is at work. We need 'things to **Have**'; we need to be 'grounded'. Touching things achieves just that.

Naming

One of the most important polarities is the one of Significance versus Mass. Significance can be translated to Meaning and relative Importance. The Name of a thing is the Significance = left hemisphere. The touching/feeling of the mass = right hemisphere. - Keeping a healthy ratio between the two makes us feel balanced and normal, neither overwhelmed by mass nor confused by significance.

Yawning as a Tool in Life

You can use the yawning as a tool in life. Use it whenever you feel stressed, tense, foggy or mentally exhausted. When you get into the habit, you will get sensitized to yawning and it will come up naturally and much more often. It helps to concentrate on your belly to get a feeling for yourself.

You may go through phases where you yawn a lot - even until the tears come; and you will like it. You will become *very* relaxed.

Yawning helps you connect better with your body. This in itself has many benefits.

Addressing a Specific Problem

Subconsciously we figure that it is better to have a problem than 'Nothing'.

With no mental mass to hold on to we fear to cease to exist...

This is a reason that problems and bad feelings are kept alive and clung to in our mental universe.

Trading in good mass (from touching) for the bad mass we want to get rid of works very well. Simply concentrate on your problem - assess its strength (1-10) – then do the 'Touch & Yawn exercise' while keeping the problem in mind. Afterwards check the strength-number of this problem again. You will see the benefit.

Yawning in Counselling

In counselling, when using processes that help a person to get orientated toward the physical universe, yawning comes up frequently and is a good sign. Such objective processes help the person to confront better and live more in the 'here and now'. The yawning shows that the process/exercise is 'biting' - that it is working.

In counselling where we use guided, deep reaching communication to find the exact subconscious 'stress-points' – yawning means: 'we have nearly found it, but not quite yet'. We came just so close that the automatic 'reset-system' which the yawning is - was activated. The yawning in this case means that something has not been seen yet. We have to change our approach to be able to see the precise 'thing' we are looking for - before it seemingly disappears because the surface charge has been eliminated by yawning.

The Yawn Machine

There is a coach who has dedicated a whole website to 'Yawning-Counselling'.

He calls it **The Yawn Machine** and gives free 'robot-counselling' with it.

Surprisingly it works quite well....

Have a look here: Paul Adams - the Yawn Guy:

<http://www.yawnguy.com> .

His method reduces the surface charge. But if you want to solve a problem fully, and make sure it will not come back – I would recommend doing a more specialized counselling with a good coach. He will use the **4-Stage Release Rundown, Deep Peat** plus, **Traumatic Incident Erasing** or similar and you will be sure, the problem is handled in short order – and once and for all.

An Intoxication Assist

**This is an Assist to make your drunken
(or drugged) friend sober again**

The following might be helpful to know. It is very simple:

A person who did drink too much has lost his 'orientation' in regard to where he is and what it is all about.

So you simply re-orient him. You stand beside him and tell him to do the following (the yawning is not absolutely necessary here):

"Touch the table".

You wait a bit, but if he doesn't follow you, you grab his hand and touch the table with his hand.

Then you acknowledge him: "Thank you".

You go on with this for a while:

"Touch the window" - "Good"

Feel the floor under your feet" - "Ok".

"Touch the plate on the table" - "Thank you".

"Touch the wall". - "Ok".

"Look at the ceiling". - "Good"

Touch your left knee" - "Good"

Touch my nose" - "Very good".

Etc. Etc.

This simple Assist will sober him to a remarkable degree in quite a short time.

Check it out and let us know what you experienced.

But don't let him drive home - he will not be sober enough and could fall back into his 'no orientation' state again.

TOUCH & YAWN FEEDBACKS

Here are a few feedbacks I got when posting this exercise some time ago on another place:

One woman from Switzerland reported about a 'super yawn orgy' which deeply relaxed her ...

another person from the USA told me, that this exercise was more fundamental than his Deepak Chopra exercises....

And one person came up with a huge cognition about the direction he really wanted to go in life. It just helped him to get the tiny little bit more distance, the little bit more clarity he needed to finally see it.

Another person told me, he has normally to stop this exercise after about 20 min. because his jaws start to hurt too much from yawning - lol. (He will go on with it).

YES! It is fundamental and subtle and powerful. If you do this

yawning exercise for one week twice a day - I bet you will already start to see some changes in your life :-)

Yawning is like wiping the white board clean again - so you can start fresh.

Yawning is helping the sleeping spirit to wake up: "Hi - my dear - have a look where you are. Yes, you have landed here on planet earth - and this is a chair" - lol.

A woman told me, that she had nightmares.

"I woke up in the middle of the night and could not go back to sleep - I felt frightened. I started to do the 'Touch and Yawn' exercise, choosing BIG things in her apartment: "This is a wall" - "This is a table" etc. After a short while I felt very much changed, much better, could go back to bed and did sleep very well."

"It's a nice exercise, yawning and touching walls make my brain blank and I feel sleepy. I did the exercise 15 mins every nite after I came back from work. I had some change after doing this exercise and had a nice sleep. I feel fresh. Thank u so much for the exercise." (A person in Indonesia).

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16.2.2020

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