

# CONFRONTING

*This is one of the most simple, basic exercises there is. This exercise is so basic - you probably can't believe it. You will think I am joking. - I am not.*



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## **The secret of CONFRONTING:**

*'Confronting' is often used to describe a CONFLICT. This is NOT the way we use this word here ! CONFRONTING means: 'standing up to', 'facing', 'holding a position' It is the opposite of 'avoiding' or 'withdrawing'.*

### **Definition of 'Confronting':**

to face without flinching or avoiding - with INTEREST in what one sees. It is the **ability to be there comfortably and perceive**. It is the willingness to directly look at something (or someone) without using any filter to look through any fear, mistrust, any other emotion, concept, expectation or judgement or whatsoever....

It is about fully accepting what you see, not by 'doing' anything for it, but by not putting anything up against it (no activated defence mechanism!) and not avoiding it. It is looking at things as you would if you would see them for the very first time – continually.”

*Life starts with confronting: looking and seeing what is there. This is in itself another state of Being! Look in the eyes of a baby: it will look straight at you - it can still confront! Later, it will probably be in constant re-stimulation of not fully confronted incidents and loose at least part of his ability to confront life directly. (Note: staring is not confronting !)*

**Confronting is holding the level 'from where one can go into being effect – or cause'.**  
**Confronting is above being effect or cause.**

**Effect:** the person who REACTS to something, is the effect of something.

**Cause:** the person who ORIGINATES something, causes something, is cause.

**Example:** The person who throws a ball is CAUSE – the person who has to catch the ball (not to be hit) is at EFFECT.

**How could you enjoy life without being at cause over what you are doing?**

**You would be a slave. – But how could you enjoy life, without allowing yourself to be at effect in regard to what your senses have to offer you: beauty, love, coffee and chocolate?**

*In life cause and effect have to be balanced. To do that, one needs the ability to CONFRONT.*

*This is how you get the ability to confront:*

## **CONFRONTING**

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

*Do not attempt to do this exercise when you are sick or on any drugs or any psychiatric medicine - or even painkillers. It will not work properly - depending on what it is - for several days (if you take street drugs - even if only once a week - you can completely forget it.)*

*Take it seriously. You can only get out what you put in. 😊*

To do the exercise we need to have 'something' or 'someone' to look at.

The most interesting way to do it is to sit in front of another person and do it together.

But as most of you do probably not have someone to do it with - I will describe here how to do it by simply using an object. It works very well this way too !!

We could choose any object – but if we would concentrate on anything which could remind you subconsciously of an old traumatic incident – like a stone or a stick, a knife or a pistol ... this would surely not be optimal.

We chose something– which is normally not re-stimulating: a simple piece of paper.\*

### **Preparation:**

Take a piece of Paper (like A4 size) on which something is written in black, and hang it up on a wall, upside down – so that when you sit in front of it it is in a comfortable height to look at. You will not try to read what is written on it – it is just to give this paper a bit more 'mass', to make it a bit more real as a paper (and not only a white cloud on the wall).

### **How to do the exercise:**

Sit down on a chair in a comfortable distance (but not too far – perhaps 1m away or so) and look at this paper – confront this paper. Keep your attention fully on this paper – nothing else. You really are interested in this paper and want to see it – who knows, perhaps it starts to smile at you – and you don't want to miss that.

(See that the light is ok).

If thoughts come up, let them pass like a train coming and going – but do not enter the train. Let the thoughts pass. Give them no importance. Concentrate on the paper.

### **How long to do this exercise:**

It will take you probably 20 to 40 min sitting in front of this paper **to only start to feel the change coming** – to feel that you are now 'starting to confront'.

Then you will probably go through different phenomena as described below.

Be assured that:

**Whatever will turn on during this exercise will turn off again by this exercise. By just going on doing it.**

So stay at it until whatever phenomena came up is 'flat' again and you feel really good.  
**We make sure always to end an exercise at a good point!**

**What can – and probably will happen:**

- your eyes can get tired
- it is even possible that your eye-lids want to drop down and you can barely keep your eyes open (in the case you cannot keep your eyes open, close them for a while – but keep your attention outside on the paper).
- the whole paper can turn black – and the black script on it white
- you start yawning
- you might get a 'twitching' somewhere in your body
- you might perceive 'a cloud of energy between you and the paper' (this is case-energy which will dissolve by going on with the exercise)
- You will probably feel a light pressure in the head - as parts of your head, which were not very awake until now, will start to wake up
- etc. etc. etc.

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\* Do NOT do it with a mirror looking at your own face. This can be too re-stimulative and confusing. This is not necessary at all to get the full effect.

If you have any questions regarding this exercise, you best PM me on my FB group:  
RELEASE IT: <https://web.facebook.com/groups/releaseit>

***How you judge the effectiveness of the exercise***

Before you start the exercise, establish how you feel.

On a scale from 1-10, 10 being the best - give it a number. E.g.: "About a 5."

After the exercise look at this scale again and give yourself again a number how you feel now:  
E.g.: "Between a 7 and 8."

With that you know if the exercise worked and how well.

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

***Do this exercise daily***

***best 2 times a day (don't do it right before going to bed – or else you might be awake too much to sleep). It will give you back the command of your brains and you will start feeling and thinking clearly again.***

*You will become stronger and stronger and doing the exercise will become easier and easier. Do it for a few weeks – or until there is no change anymore between the beginning and the ending of the exercise.*

*This exercise can be repeated at any stage of your journey and be beneficial again and again. **This exercise by itself can truly give you a new life.***

### ***If you have done Meditation in the past***

*then you might at first get a bit confused – as this exercise is the 100% opposite to meditation. In Meditation you look inside – here you look outside.*

*This is as deeply effective as meditation – but in a very different way.*

*Meditation and Confronting do complement each other - one should do both - but I would suggest skipping the meditation during doing this exercise – at least in the beginning.*

*Otherwise it could get a bit confusing.*

### ***Doing this exercise means real work***

*and it needs real stable intention to do it. Therefore – in my experience - practically nobody will do it. So this write up here is for the very few smart ones - who will.*

*If you are working together with a Coach - it might be that he advises you to do this exercise (together with the 'Touch and Yawn Exercise') twice a day for 2-3 weeks while he will stay in contact with you and you report to him how it goes.*

*If he does so - then please do as he says. Take it serious. There are states a client can be in, where no real work on his case can be done until he has mastered these exercises.*

### ***What this exercise can bring you***

- it can bring you out of a looming state of confusion*
- it can bring you out of a shallow, superficial living*
- it energizes you*
- it brings you back to clear thinking and feeling*
- it makes you able to attack problems and find solutions*
- it makes you able to live 'here and now'*
- It 'wakes you up or strengthens you as spiritual Being*
- Tip: If you hate to go to parties or big events where you have to meet lots of new people – simply switch to the level of confronting and have fun!*

## **Why this exercise works**

*The incredible thing is - that this very simple exercise helps both:  
**the client who is too much in his head and the client who is too much in his feelings.  
And anybody else.***

*To process people successfully - and what people need to live a 'normal life' - is, that their 3 main Brain Centres (with their right and left hemisphere) work at least to some degree normally TOGETHER and that they are BALANCED.*

*The person who is lost in his head – perhaps to the point of being a dis-associated personality, with no real contact to his body and to his true feelings - has his Big Brain working like mad but not enough Middle Brain and Stem Brain activity.*

*The person who is lost in his feelings has a lot of Stem Brain and Middle Brain activity and not enough Big Brain activity.*

***What this exercise seems to do - is to activate the Pineal Gland (the 3rd Eye Centre behind the front) which is above the 3 brains and coordinates them.***

*All this is very much simplified – but the question is: does it work?*

*Yes it does.*

***It harmonizes the brain centres and brings them back under your direct control.  
This exercise is truly LIFE-CHANGING if done deeply.***

## **Background Rumours**

*If anything here sounds strange to you – simply disregard it. Do not believe anything anybody says – make your own experiences!*

***1 In doing confronting you create a an energy-field of ‘intention-to-perceive-within-it’ in which you can have direct contact with what you perceive – instead of just having a glimpse of contact and relaying onto the old picture-archive in the head to understand what you see.***

***‘To confront’ means to accept a live-stream of continual new information.***

*This energy-field of the ‘intention-to-perceive-within-it’ is not created through the eyes – it is created directly by YOU – and you can position it even remotely wherever you like...*

***2 There is a theory that on the way down into this existence we had two big ‘falls’: first the fall out of paradise, where we were all happily existing together. After that we retreated into our own Home-Universe (where we were the creating God of everything that existed and felt pretty happy just by ourselves). And then we decided to get in contact and play games with others again (or were tricked to do so) and therefore did fall out of our home-universe.***

*Subconsciously many of us are still there - and deeply troubled that nothing is anymore as it was... and puzzled, and deep down we might not yet have accepted the fact - that ‘something*

*else besides us' really exists....and this exercise will help us to confront that and to 'wake up to reality'.*

*3 If a case has problems with entities, problems to separate himself out of the voices he hears in his head or thoughts and advices that are given to him, this exercise will strengthen him to do so. Things will start to get clearer – and he will become ready for processing and able to let go of these energies which only dock onto him because he subconsciously allows it.*

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**30.10.19 Mark**

