

# THE EMERGENCY INTERVENTION

If someone calls you or messages you and says:

***“I can no more”*** – what do you do?

If you yourself come to this point – what do you do?

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## 0) Listen

If a person calls or messages you let him/her describe the situation and **LISTEN**.

Don't give advice – because the person cannot listen in the state he is in.

Don't let him go on speaking after he has explained what is happening.

This would let him bring in stories, explanations and justifications and other mind-junk ***and only solidify his problem.***

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Then you have 2 ways to go:

**A) Make the Touch and Yawn Exercise with him** (as described here) to GROUND him and / or do

**B) the 4-SRR ‘Emergency Intervention’** (as described below).

In the case where a person has to become sober, use A.

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## A) The Touch and Yawn Exercise

(Yes – you can do this over the internet with him).

“Touch your table (desk) and feel it, say loud: “This is a table (desk)” – then YAWN.

(Yawn on purpose, it doesn't matter if it does not feel ‘genuine’ at first – just yawn intentionally – and with the time the yawning will come up naturally by itself).

Then let him touch something else:

“Touch the floor with your feet, feel it. Say: this is the floor. Yawn”

Then take something else:

“Touch your Computer (Mobile), feel it, say: “This is a computer (Mobile), yawn.”

Then something else etc., etc.

You can let the person go around in his room and doing it for himself while you wait on the screen.

Let him do it until the yawning comes up by itself and then let him go on doing it until there is no yawning coming up anymore.

***This is the most basic Grounding Exercise there is.***

***Once the person is again grounded enough, he will not be overwhelmed anymore by his thoughts, emotions or body-sensations.***

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## B ) 4-SRR 'Emergency Intervention'

**Let him (or yourself) NAME it - POSITION IT – and QUALIFY IT:**

Below are 3 Examples – but you only ask for ONE THING at a time !!!

Examples:

What is it?	“I can no more”
Where is it?	“Is this a thought in your head?” – “Yes”.
How big/strong is it?	“It is unbearable”.

or

What is it?	“I have this SADNESS.”
Where is it?	“I in my heart and my chest.”
How big/strong is it?	“It is very very strong”.

or

What is it?	“I have this PRESSURE.”
Where is it?	“I in my chest and stomach.”
How big/strong is it?	“It is like a stone”.

Now you make sure the person concentrates on this ONE THING he gave you.

On this Thought – or this Emotion – or this Body Sensation.

And ONLY on this.

Tell him NOT TO THINK, not to wonder why this thing is there and what significance it has, not to go into any explanation or justification or old stories or whatsoever. Simply do NOTHING with his head and only feel it deeply.

Just concentrate on feeling this one thing – AND FULLY ACCEPT THAT THIS THING IS THERE AT THE MOMENT. ALLOW THIS THING TO BE THERE AT THE MOMENT.

This accomplishes 2 things: the person becomes the OBSERVER and with that he can STOP PRESSING against it. And pressing against it is what feeds it the energy....

By doing this exercise a Thought will soon become irrelevant, an Emotion will fade away and a Body Somatic will cease to exist.

The person will nearly not believe what is happening (as things can not be as simple !!) and might try to put it there again. Watch this.

AND REMEMBER: take up only **ONE THING AT A TIME**.

THEN look what is the next thing which wants to come up and let him fully feel only this one thing (Thought or Emotion or Body-Sensation) and accept it.

With the time no more things will come up.

Some emotions will come up in LAYERS, several times – just take them up each time they come up (they will be slightly different each time).

And at the end they will not come up anymore.

## SOURCES

The 'Touch and Yawn Exercise' is described fully and with a lot of additional information in the FILES of my FB Group: RELEASE IT 'Exercise 1 – Touch-and-Yawn.pdf' (Free download).

The 4-SRR 'Emergency Intervention' is put together from the '4-Stage Release Rundown' course pack. (Available for USD 12.00)

A thorough introduction into the '4-Stage Release Rundown' is also available for free in the FILES of my FB Group.

Other free information see the 'Announcements' on the FB Group.

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

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