

This is non-edited version because some are waiting for it.
Will be replaced by an edited version soon.

HOW TO STUDY

and how not stumble into a 'Study Blockage'.

Hi people – IMPORTANT: studying is a TECHNIQUE - and not using this technique can – and mostly will – result in physical, emotional and mental *discomfort* during studying and can bring you to the point where *you loose interest and abandon your study.*

If you e.g. download the **DEEP RELEASING** Course pack and want to study it - you **should APPLY this Study tech** - otherwise your chances to grasp the content on a significant level of depth and understanding are not guaranteed.

Note:

YOU ARE ABLE TO STUDY ANYTHING !!!

THERE IS NO 'IDEA' WHICH YOU COULD NOT UNDERSTAND.

Something like that does not exist. There are only WORDS which you 'can not understand' - and these you can look up.

And if you don't know where to look them up - as long as we do not have a special Glossary yet (working on it) - you can even just ask me backchannel.

If you make a test – if you give people a page to study and then ask them to make a summary of what they just read – you will see that only few are able to do this correctly.

This is because most do not apply the 'Study Tech'.

Studying a text - really studying, learning - not only to satisfy the curiosity but to **USE** the material you learn!!

- is a real technique.

Ok – so what is this STUDY TECH ??

It contains

- 2 Pre-Conditions and

- 3 Study Rules.

In other words: the whole is really pretty simple and self evident – once you know it.

But first - before we look at the Study Tech - how do you know that you have a study problem? – How do you know that you have stumbled into a Study Blockage?

Here is how:

A 'Study Problem' will bring up physiological and mental manifestations:

If during studying,

- you start **yawning** - or
- you feel **tired and blurry** – or
- sleepy and are even going half unconscious, or
- if at the bottom of a page you suddenly realize that **you do not remember what you just read** and what this was all about - or
- if what you study **does not make any sense** to you and you feel like ‘having to protest’ - or
- if you feel **‘too light’** – not grounded anymore, nervous, even with a slight feeling of panic, or
- if you **lose interest** – or
- if you decide that this is all too complicated for you and that you will probably **never understand it**

**– THEN YOU CLEARLY HAVE A STUDY PROBLEM.
You have encountered a Study Blockage.**

A happy student has always GOOD INDICATORS:

He is interested in what he studies, eager to go on, awake and in a good emotion.

The moment you see a student being introverted, not really interested or nervous etc. – you KNOW something is wrong. He is in the beginning of a real

study blockage to come up.

The 2 Pre-Conditions for successful study

1

Precondition Number one:

You need to study your material in present time – as if you had never heard anything about this topic before.

If you try to understand this new material through the DEFINITIONS, TECHNIQUES AND PHILOSOPHIES YOU HAVE ALREADY LEARNED SOMEWHERE ELSE BEFORE - you will interpret significances into the text which are not there and get confused.

Make sure that you study – what you study now – in its own right and NOT AS A NEW VERSION OF ANY OLD technique or philosophy you learned before.

Trying to compare it and align the meaning of the new text with your old technique and understanding it as another version of your old technique will result in a lot of misunderstandings and confusions.

So – for the moment - shake off what you learned

elsewhere.

2

Precondition Number two

For a successful study you do need to have a GOAL, a clear intention of what you are going to do with what you study.

‘Studying’ for the purpose of mainly satisfying the curiosity – or for judging the material - or for assuring yourself that this new technique is not better than what you already have – or for getting a certificate (status) etc. **WILL NOT WORK.**

If you have no intention to really try out the stuff and use it (if you experience it to be useful) – you are studying into an emptiness, an ‘unreality’, which will simply prevent you from understanding the material on the level needed.

If you have no intention to really use the stuff – don’t bother to study it.

The 3 RULES of the STUDY TECH:

1

STUDY RULE NUMBER 1

THE MU – THE MIS-UNDERSTOOD WORD:

NEVERT GO OVER A WORD YOU DID NOT FULLY UNDERSTAND.

If you guess what a word means - do not go over it. Do not assume you know it. Do not go on guessing. Look it up and define it. Or ask. Otherwise part of your 'attention units' will stay back with this word to find out if you really made the right guess or not. And then when a 2nd such guess happens and a 3rd - you simply have not enough free attention units anymore to really grasp the text - and things start to go blurry.

But it could also be that you think you really understood a word – and did not know that you misunderstood it. It might have been used in another way - and now the whole text does not make sense for you anymore. Such a misunderstood word is more difficult to find – but you WILL find it.

Example: let's assume I use the word 'Spirit' in the course book and for you a 'spirit' is a dead person. While the way I used it was as *a kind of energy in the*

living body. This misunderstanding between us could throw you off track as you would probably not understand me anymore.

Remember: If something obviously doesn't make sense – if you feel like protesting - search the Misunderstanding !

If you would simply disagree with the ext – this would NOT lead to the feeling of 'having to protest'. 'Protest' is a sign of a misunderstood word.

Symptoms:

Bypassing a definition – or definitions - gives the student a 'blank' feeling or 'washed out' feeling. A student often yawns. he has a sort of 'not-there' feeling. It can develop into a nervous hysteria, sleepiness (even completely falling asleep or utter non-comprehension and violent disagreement even with simple facts.

What you do is this:

You go **back in the text to the point where you still felt good.** And just **before that** there will be a word which will be suspect to you - a word that you do not feel

100% good about.

FIND IT - LOOK IT UP - DEFINE IT.

Then go further through the text and look for another and another such word. Hunt all possible misunderstandings!

The moment you have cleared all the necessary words in this text - the whole text suddenly will make sense to you and you suddenly will understand what it all means.

It works like magic.

As a student - you need to become the proud **Hunter of the Misunderstood Word**. Do it like a hobby: get a shortcut to a good online dictionary. With having a clear definition for every word you get the FULL text and stay clear and fresh, able to take it all in.

2

STUDY RULE NUMBER 2

Not enough 'mass', not enough illustrations or

pictures (showing the ‘mass’) or examples or exercises. Too much theory only.

If there is no balance between **SIGNIFICANCE** (the words) and **MASS** (the illustrated or experienced application) - one or more of the following mental and physiological reactions can occur:

Confusion, disorientation and the feeling of being spun around. The parts you are trying to learn seem to be less solid and in random motion. You can feel like bored or ‘too light’ and exasperated.

Nothing will make sense anymore.

This is the sign that you have disassociated from your body and need grounding. We also call it Havingness – the ability to ‘have’.

What you then do is to get ‘mass’, to feel ‘mass’, to connect with ‘mass’.

‘Mass’ is anything physical.

Eat something, drink something, go for a short walk. Look on the way if you can detect something you never noticed before. Clean the dishes. Clean up your room – do something practical with your hands.

You can also just look around in the room and

- find something made from plastic,
- something made from wood,
- something made from glass,
- something made from metall, etc.

(You give yourself the command: “Find something....” and then you acknowledge yourself.

- or “Find soomething you like”. And another thing and another until you feel better.

Or you do the Havingness Exercise, the Grounding Exercise, called ‘TOUCH AND YAWN’. You find it in the Files of this group (RELEASE IT).

There is also a certain way to study - using what is called a ‘Demo Kit’ – that helps.

With these pieces – it doesn’t matter what it is – you symbolize what you read and demonstrate the functions to yourself.



Picture: my own Demo Kit

The regular use of a 'Demo Kit' helps to keep up the mass and not to get into this disassociated situation. Creating your own Demo-Kit with small pieces you like helps you to keep up the Havingness.

3

STUDY RULE NUMBER 3

Too steep a gradient

The symptoms will be obvious: you can not succeed.

You need to learn one thing first, then the next etc.

We do learn on a GRADIENT.

A good course pack will introduce you into the matter on a gradient.

If you want to understand the whole you need to first study the parts.

If you do not speak English well – first study the language.

If you want to study electronics – first study electricity.

This is pretty self evident.

In our case this often applies to doing exercises.

Often people want to be successful with doing an exercise like going through a full session – while they are not yet comfortable with its parts.

Too steep a gradient.

Btw: Regarding exercise: use a doll :-)

THE PERSON WHO ‘CANNOT STUDY’

There are persons who have such a bad study history, that they have given up. Some of them will start to yawn the moment you give them a book to study – or go ‘blank’ when they have to fill out some ‘official forms’.

These persons are few in numbers – it is not the general condition of people and people do normally not need a special help beside this Study Tech.

With someone who has really heavy study problems you would first do some special sessions. Dis-charge

the charged situations in the past (the past overwhelm and invalidation), find his basic self invalidation, and also find the basic misunderstandings in the disciplines he had problems with in the past.

WHAT YOU CAN DO TO ENHANCE YOUR STUDY ABILITY

There is one especially helpful exercise which you can do before studying. Doing this will clearly enhance your study ability, because it makes you more aware and awake. It is the **CONFRONTING Exercise** as described in the FILES of the fb group RELEASE IT.

WHEN NOT TO STUDY

When you feel sick or are ‘in a bad mood’ – or when you just had a heavy argument – it is not a good idea to do your studies.

Why?

In such a case you are momentarily overwhelmed by the subconscious (your emotions and feelings and

negative thoughts) – but to study you need to be awake, clear and conscious.

You should be in a relaxed state to study.

Basically the same rules apply for studying as for having a session.

So don't study if you just took a painkiller. And of course don't mix study with smoking weed or drinking alcohol or taking any psychiatric medicine (including any relaxing substances like CBD etc.) – let it wear off for a few weeks before you start.

Please keep this in mind.

Regarding the Course pack of DEEP RELEASING:

The course pack of DEEP RELEASING has been put together to show the *BASIC TECH* as the simple, **SELF EVIDENT LOGIC that it is. How could it be 'complicated' ??**

The course pack has been written and re-written 3 times – 3 times in a fully new version over 15 years – including and excluding what is important and what is not and including the experience with hundreds of 'clients'. It has been edited by several very qualified people. A lot of care was applied to keep it **as simple as**

possible.

Only if you do not apply the basic Study Tech could it ever be 'complicated'.

It is not !

The content of this booklet is based on my own experience with myself and others. It is not my own discovery. I do not claim credit for the technique described.

It is a put-together of things I learned from others while going through my own study difficulties.

It helped me and I hope it helps you too.

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

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