

The background of the cover is a photograph of a bright blue sky filled with soft, white, fluffy clouds. At the bottom of the image, a clear blue ocean horizon line is visible, separating the sky from the water. The overall color palette is dominated by various shades of blue and white.

SCIENCE OF RELEASING

**THE 8 RULES
of Deep Releasing
explained**

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THE 8 RULES OF DEEP RELEASING

explained

**This is the whole
Philosophy of Releasing
expressed in 8 Rules**

For learning HOW to do it download the 'Deep Releasing Course Book' - it is free to download from the 'Files' of the fb group 'RELEASE IT'.

Go to <https://www.facebook.com/groups/releaseit> and there open the 'Files'. Download: No-13 DEEP RELEASING COURSE PACK.pdf

Note: This is very basic and concentrated information!
If anything is not clear – or you think I got it wrong – get in contact with me 😊.

Rule No 1

There is only one direct or indirect cause for all the Mental, Emotional and Psychosomatic Problems: 'undigested', unfronted Traumatic Incidents or remains of such Incidents and Situations in the past.

These incidents can have happened recently, but the most basic and important ones stem normally from early childhood. Sometime it is even a development (or other) incident before birth or birth itself and sometimes an incident far far back on the time track .

What IS a 'Traumatic Incident' ?

A Traumatic Incident is an **OVERWHELM**.

An overwhelm is, when you as the being have totally given up.

It can be with or without an injury, with or without a shock-moment, with or without unconsciousness, and it can even be just a big loss or the threat of a big loss.

Abuse in any form is clearly an overwhelm = a traumatic incident - often of long duration.

Note:

The traumatic incident can be on any of these 4 flows:

- what others (or the environment) do to you,
- what you do to someone else,
- what others do to someone else or even
- what you do to yourself.

Witnessing a traumatic incident between two strangers can be as overwhelming as being directly involved personally - and can later create all kinds of symptoms!

Mental, emotional and somatic problems are all - directly or indirectly - a form of PTSD (Post Traumatic Stress Disorder).

Rule No 2

Traumatic Incidents create a 'Stuck Energy- Cloud' which can hang around a person 'forever' – until cleaned out.

You cannot see it, you can normally not feel it, but it is there.

The mechanics of the creation of a 'Stuck Energy-Cloud'

In a traumatic incident with the ultimate life-threatening urgency of the situation, often containing a shock-moment, the previously free floating, unfocused and unstructured awareness-energy-field of the person gets suddenly narrowed down, compressed and 'frozen' in space and time, into a small 'eternal here and now'.

The wave has collapsed - the former loose field has become a dense energy field of connected particles (Information-Particles) – a '**Stuck Energy-Cloud**' – which will hang around the person from now on.

It is the 'Pushing against what happens' in the traumatic

incident, which creates this solidification. (What we resist – will persist).

We could also call it a 'Cluster of jammed-up Information Nodes'

In a more precise way we could call this 'Stuck Energy-Cloud' a 'Cluster of Information-Nodes': it is a solidification in the 'Information-Field'.

We call it 'Stuck Energy Cloud' because we can perceive it as an energy cloud when we look for it and 'press' against it.

The content of a 'Stuck Energy-Cloud'

The 'Stuck Energy-Cloud' is the subconscious recording of everything that happened in the traumatic incident: all the perceptions of all the senses, pains, feelings, emotions, the whole narrative of the story, with all the persons involved your thoughts and compilations of what happened to you and what consequences it could have for the future.

It also contains postulates, decisions about 'how this world is' and **what to do or not to do in future to avoid a similar traumatic incident**. This can include 'Command Phrase's out of the incident. It will most probably also include postulates about yourself in regard to your limitations (**Self-Invalidations**) and **Justifications** for why it happened to you.

The Intelligence and Power of a ‘Stuck Energy-Cloud’

Intelligence:

The subconscious – of which the ‘Stuck Energy-Cloud’ is part of, **cannot compare and compute**. All it can do is to **collect and index** experiences related to a traumatic incident to later create re-actions.

It makes no distinctions between important or unimportant, relevant or irrelevant. If you smell the smell of the disinfectant that was used in the hospital when you had this accident – it can re-stimulate the whole traumatic incident, even if you are now perfectly safe in a peaceful environment.

Power:

The power of a ‘Stuck Energy-Cloud’ is unlimited. It can kill you. While this is not common it really does happen: people who have panic attacks and die because they cannot breathe anymore are in fact killed by a ‘Stuck Energy-Cloud’.

Same with letal psychosomatic illnesses.

Same with most people who commit suicide, etc. etc.

Rule No 3:

A ‘Stuck Energy-Cloud’ can be active or sleeping.

The Activation

A ‘Stuck Energy Cloud’ can be hanging around but sleeping (called ‘keyed-out’) – or it can wake up and go into **re-stimulation** (also called ‘key-in’).

If something happens in the life of the person, which subconsciously reminds him about the Traumatic Incident in the 'Stuck Energy-Cloud' (like smelling the disinfection of a dentist room or a hospital) **his subconscious fear will start to push against the content of this cloud – which will feed energy to the cloud and re-stimulate it.**

It is the 'pushing' against this subconscious Energy-Cloud which feeds energy to it and creates its unlimited negative power.

The Re-Stimulation can be only light, even not noticeable, or very strong. It can build up gradually or kick in instantly. It can increase from a mere feeling of unease up to a full blown dramatization of the original incident. This can include taking over control of the senses and perceptions, the reality of the person and the whole body.

A re-stimulated person does live in the past – in the time of the re-stimulated incident – seeing life through the filters (thoughts and emotions) of this incident. They are not here and now – or only partially.

Rule No 4:

If activated the 'Stuck Energy-Cloud' influences *all 3 levels of manifestations at the same time: Thoughts, Emotions and Body-Sensations. All these levels have to be cleaned out.*

Cleaning out: Erasing versus ‘Key-Out’

MOST known therapies for Traumatic Incidents do only achieve a KEY OUT. They manage to take away the attention of the person of this ‘Stuck Energy-Cloud’ – so that the person stops pushing against it. The symptoms then vanish – but some remains of the ‘Stuck Energy-Cloud’ are still there, ready to be re-stimulated in one way or other if anything in the environment reminds the person of the past traumatic incident.

How to erase a problem fully with Deep Releasing

Definition of ‘Charge’ :

The alive, pressing subconscious energy of a ‘Stuck Energy-Cloud’ creating significance and an urge for action.

We clean out all the **‘negative’ charge** – BUT ALSO all the stuck **‘positive’ charge**. Addiction for example is a stuck desire, a stuck ‘positive charge’.

A 'Stuck Energy-Cloud' – can influence the person in 4 ways:

Feeding him **layers of negative subconscious thoughts**
(Big Brain)

Feeding him **layers of negative emotions/feelings**
(Middle Brain)

Creating **negative body-sensations**

(Stem Brain)

Part of this is the switching on of one or more of the **Basic Survival Instincts** (Fight Flight/Freeze) in regard to the problem.

A switched on Basic Survival Instinct that is not allowed to dramatize itself out will stay switched on and can make a person sick.

 And it can give the person **PICTURES** (and Symbols, etc.)

But ***'Pictures' are frozen energies*** and if a picture comes up, we ask: "What thought, emotion or body-sensation is behind this picture?" And we then work with it as such.

What we do is to clean out each Brain Center from any pre-defined and pre-activated subconscious information pattern in regard to this problem.

These patterns (Thoughts/Emotions, Feelings/Body-Sensations) are ready to emerge in regard to a specific problem. So we first clean out these reservoirs until they are completely empty:

Releasing the Thoughts

We clean out all related subconscious negative thoughts and dis-charge them, nullifying their validity or subconscious

importance.

This includes all forms of self invalidation or justification to keep up the problem, or 'command phrases' from traumatic incidents, telling you what to do or not to do or what to believe and not to believe, etc.

Why we do this:

Problems are formulated (put into a 'form') by the mind which makes the person think that he 'understands his problem' which makes him believe, that it really exists.

Also: the 'wall of thoughts' is used by the person to avoid feeling the problem. Thinking is a form of 'distancing', of separation (looking at something from a distance).

The wrong idea, that we solve our problem by intellectually understanding it also plays in here.

Releasing the Emotions

We clean out the subconscious layers of negative emotions connected to the problem. These emotions can be in the heart or anywhere else in, on or around the body. We always look where they are placed which makes it easier for the person to let them go.

Why we do this:

Negative emotions make you feel bad and block your energy. A lot of negative charge is contained in these emotions (or more precise: is created when the person 'pushes' against the

threatening information in the ‘Stuck Energy-Cloud’) and so they need to be cleaned out.

Releasing the Body-Sensations (Somatic)

We clean out all negative body-sensations related to the problem: all pressures, heavy-ness, empty-ness, coldness, stiffness etc. etc.

Why we do this:

Negative energies from negative emotions can 'settle into the body' – and if strong enough and not handled for a long time, can even make the body sick.

We also switch off any switched on Basic Survival Instinct. Same reason.

Rule No 5:

All what we really ‘Do’ to clean out any subconscious phenomena is to let them come up – only *ONE AT A TIME* – look where on the body it can be felt – then *See and Feel it AS IT IS* and accept that it is there for the moment.

Accepting something (a thought, an emotion, a body-sensation) to be there (for the moment) will stop the person pressing against it. This will allow seeing and feeling it ‘as it is’ and it will dis-charge. Its significance will vanish.

This 'Accepting' has nothing to do with 'Forgiveness', 'Love', 'Surrender' and 'Being Thankful' and all this.

It has a 'technical name': 'Seeing something as it Is' – which is also called 'DUPLICATION'.

Why forgiveness and 'love' is heavily promoted in 'healing' is simply, because if you can 'forgive' or 'love' you do stop pushing against the 'Stuck Energy-Cloud' – and therefore the problem will vanish.

Why does 'See it as it is' resolve any spiritual problem?

Once you can see things 'as they are' this mystery sandwich falls apart. The information becomes conscious and is therefore now under the control of the person. The person can no more be overwhelmed by it.

This is a technique which – in its basic – you can learn in a few minutes and apply to yourself.

It is a very PRECISE technique and there are also a few 'Tips of the Trade' – what you can do to enhance your ability to 'see things as they are' and to let them go.

You best download the full course pack from the Files.

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and there you go to the 'FILES' and download:

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Rule No 6:

The releasing is not finished until all remains of the relevant ‘Stuck Energy-Cloud’ itself are cleaned out. Otherwise these remains can still go in resonance with other ‘Stuck Energy-Clouds, morphic fields, entities, etc.

After we have cleaned out the 3 brains and there are no hidden thoughts, emotions or body-pains anymore in regard to the problem – we find and address the remains of the ‘Stuck-Energy Cloud’.

Correct dating of the time of attachment and the time of the creation of the ‘Stuck Energy’ is a crucial part of cleaning it out.

How this step is done you best see in the course pack.

Rule No 7:

A ‘Stuck Energy’ is always there because the person allows it to be there. He is in some way in resonance with it. The person needs to be 100% willing to let it go to clean it out.

Sometimes a person seems to be fully willing to let go of the stuck energy – but if you ask him directly: “Are you 100% willing to let go of this stuck energy?” he will find, that he cannot do it. Something stops him from letting it go - subconsciously.

In this case we go back to 1 and ask him: “Why is it good for you to have this stuck energy?”, etc.

Until he has seen it all and is now willing to let it go.

Rule No 8:

The end phenomena of releasing a problem are these: All symptoms are gone - the past looks different and does not bother the person anymore, the future does not bother him, he feels very good and is in present time.

If one of these results is not achieved, the releasing is not finished. We would go back and look if only part of the stuck energy was released and release the rest of it. Until the above end phenomena are achieved.

Note: There is more knowledge available to all these points – and quite some of it is mentioned in the course pack of Deep Releasing. More is 'in the work'.

If you are interested in something special – just ask me. I will try to answer.

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

You best PM me on our FB group:

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

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Request: I am not native English speaking. If you find mistakes in the text above, please tell me to correct them. Thanks.

Mark

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