

A FEW TESTIMONIALS

What do others experience
when they get a session with
DEEP RELEASING ?

Here are a few Testimonials

Marc B. Rüedi

A Few Session Reports

I do normally NOT ask people to write me a session report – and most – even if they had a fantastic session – are not used to do something like that. So I do not get them very often.

Nevertheless there are probably enough here and their content is consistent enough that you can make up your mind whether you want to give it a chance and try it out for yourself - or not.

The following session reports have been made spontaneously and were posted in the group RELEASE IT. All of the posted session reports have been taken up here - none have been left out. So you get the true picture of the overall feedback I got.

BTW: Your session will be different – because it will be YOUR session !

McAleese Charlie**UK****23.7.2020**

Hello everybody

I booked up 6 sessions with Marc. I have previously done energy healing actually for years which has been of benefit but not getting to the subconscious parts and to the deeper elements of energy stuck in the body.

I am amazed by the simple and effective stages of this process dealing with the emotions, feelings happening now related to the past and where this is within the body. Consideration also given to this energy being with one's body for a much longer time out with this lifetime.

From 1st session to the 6th session this has been very very effective with great effect and great release. Marc is a very effective, ethical and patient facilitator to this process giving me the trust and confidence and importantly time to move me through it and release this energy.

I have been amazed with the various stages within the sessions, all important and needed to achieve the positive results it has achieved. Great release through the fight, flight or freeze responses as part of the process and going into the relevant ones with myself having effective release everytime.

I am truly amazed as I say with the release. With this in mind I'm going onto have some more sessions in looking at inner child issues. I have great faith in this process and this approach. It provides safety, cooperation and is effective in achieving the

objectives of release. I highly recommend you try. Thank you.

Georg Hubner

Netherlands

16. 7. 2020

Yesterday, I had a session with Mark Beat on the migraines I sometimes have. We went through the four different layers of releasing. One thought, one emotion, one feeling at a time. Slowly but steadily we came to the stuck energy cloud. It felt heavy. Very heavy. It was about war and slavery. When I released this, I found myself smiling and radiant. It took about an hour. Now, I am grateful for the session. Feeling light and alive.

Thank you, Mark

Tina Burt

New Zealand

12. 9. 2019

Hi Mark, I just wanted to say thank you for the session earlier. I really did not know what to expect but came away feeling so at peace it was amazing. I was able to feel things that I would not have imagined. The whole session had a sense of safety which I don't often feel. I look forward to meeting with you again next week. If anything earlier in the week comes up please let me

know as I may very well be able to do this. I am actually feeling quite optimistic about what lies ahead. Thanks again.

Tina Burt

20. 9. 2019

Hi Mark, thank you for another amazing session. I did not think that things could get any better from last week but they certainly are. I feel peaceful, which is very different to before we met today. I was surprised at how confronting your questions were but equally surprised that I was not affected by that. I think you have such a gentle calm nature that it is so easy to feel safe in these sessions and there is no judgment felt. Thanks again and look forward to catching up next week.

Both Received Back Channel with permission to post.

Sandy Bowles

USA

30. 8. 2019

I had the delight of a session with Mark earlier this week. I was amazed by both the gentleness of the method with which he is working and the effectiveness. I experienced great release and found Mark to be gentle, caring and adept at facilitating. I urge anyone who has not experienced a session to be in touch with Mark. My appreciation to you Mark for your clarity, insight and time in bringing this forward!

Raminder Chawla

INDIA

29. 8. 2019

Mark Beat is doing an awesome job. Had a session with him. Even after so many days, I am free of the hurt of the event worked on. The feeling is wonderful.

Thanks Mark.

24.8.19

Gary Lister

USA

Awesome Mark! Your work has completely changed my life. I can't thank you enough.

Jim Shane

USA

14. 8. 2019

On Mark Beats process:

I have been involved in energy psychology and emotional healing for over 20 years. I have always used everything I learned on myself first. I have shed a lot of baggage, helped a

lot of people and taught a lot of classes. I have seen the differences and similarities between the many modalities I have been exposed to. I've also had sessions with other people who thought their methods would bring change. With all this in mind, I just finished my session with Mark. Here are my thoughts and feelings on my session:

Mark is very patient. He is very good at keeping one on track. He is very specific about how he approaches the presenting issue. His steps are clear and understandable. His process is not complicated if one simply follows his instructions and is willing to play full-on. And he goes into levels of your experience that generally remain hidden from consciousness. I especially liked how he worked on the Stuck Energy Cloud with me. His questions are very effective in bringing up what needs to be uncovered and dealt with and in keeping one connected to their "present moment" experience.

My session with Mark was about my relationship with my childhood identity or the level of society I came from as it affects me today. Of course, I have done a lot of work on my childhood. But some of Marks questions made me aware of elements to all that I had not considered before. When Mark says he goes deep into your "stuff", believe it! Because of the work I have done on myself, I did not have any big emotional moments in the session. But I did become aware of and let go of things that I know will make a difference in my future. I also got the opportunity to see first hand how Marks process will make a huge difference to anyone who is ready to discover their blocks and Let Them Go!.

I don't make recommendations like this lightly because I take emotional healing very seriously and not everyone I meet who says they can help is actually any good at it or their process is mediocre at best. But in this case, I can Definitely say without reservation if you get a chance to work with Mark. Do It! He clearly knows what he's doing. "Thanks, Mark! 🤔🤔❤️"

Karolina Zbikowska

BELGIUM

8. 8. 2019

I have just had a session with Mark Beat today. And here is what happened:

In the beginning I couldn't turn off my reasonable brain 🤔 and really had difficulty tuning into my body. But once I managed to do that, miracles started to happen. I was cleaning my belief: "I am not good enough" from every part of my body. Mark was leading me further, through protocols, so I was able to heal my trauma. I had a feeling of strong connection and guidance during our session. I knew that Mark is there with me, supporting and present all the time.

It's been some hours after the session now. I feel peaceful and relaxed inside. My body shifted into a new position. My bunny of my right foot was healed, I don't feel hungry at all. I allowed myself to enjoy every moment without rushing anywhere. I already feel a huge difference in my perception and I feel safe. Precious event.

I recommend working with Mark. He was so dedicated and focused on me all the time. He is in Manila, I am in Belgium, but this distance was not a case here. I will update all of you about further changes. It is only a beginning.

Thank you Mark for your precious precious work! You definitely make a change to this planet 🙏 ❤️❤️❤️🙏🙏🙏🙏🙏

Georg Hubner is feeling wonderful.

NETHERLANDS

4. 8. 19

I did a session with Mark last week. And I am very happy that I did.

Mark is a friendly, sensitive person and the method is quite straightforward. He asked me a series of questions that got us directly to the heart of the matter.

First, concentrating on the feelings, emotions, and thoughts and accepting them fully, made me feel lighter and lighter.

Then, being in this present and open state, even deeper layers came into focus. Guided by the questions, I was able to release 'stuck energy' that I have been carrying around a very long time.

It was like removing a splinter that I had gotten used to. I could literally breathe more deeply and my chest opened up. Exactly the qualities I was missing came to me and have been there since the session.

Problem (dis)solved.

I am grateful for the session. Thank you, Mark.

Chaitan Dabhade

USA

16.7.19

I had a session with Mark Beat and it was really good . He has a unique style of releasing combined with a few other techniques that aims to really clear out an issue permanently, and he melds it together great and it works.

My favorite part of the process was the “fight flight freeze” . And also the final part of the session was very powerful in introducing a new way of being.

I recommend giving a session with Mark a shot. It’s unique, effective, you’ll have a great clearing on a topic and you will learn something.

I got this Back Channel with permission to post it with his name.

Laco Zember

UK

13.7.19

Hi everybody, I would like to share my experiences of Releasing

with Mark Beat today. I am in Releasing now for 5y, started with the release techniques courses (tele courses and 2 live events in Amsterdam), the Sedona method, and ended up with Kate Freeman who I like the most. My issue always was that I felt good in a releasing session , but later on feelings kept coming back, and it went on and on for years. My today's experience with Mark was absolutely amazing. I have to say that it's a very different way from what I am used to; anyway it works bril! Now its 15h after session and still feel absolutely free, light and happy for no reason! We have been releasing on guilt and I try hard to bring it back to feel it again SCIENCE OF RELEASING: THE SESSION Q & A 39 but there is no single bit left, even if I am bringing back all memories about a particular situation, now it makes me smile. THANK YOU MARK!

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