

DEEP RELEASING

HOW TO RELEASE THE EMOTIONS

with tools & tips

**This is just one level of the
Deep RELEASING course pack.**

**Deep RELEASING uses a
4-Stage Release-Rundown.**

**Please download the full course pack from
the files of the FB group RELEASE IT**

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

By Marc B. Rüedi

I am here to help you to get through these materials.

**If you need help to clarify something don't hesitate to
PM me on our FB group RELEASE IT:**

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

or ask me via e-mail:

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R E L E A S I N G - E M O T I O N S

and Body-Sensations

with 'Deep RELEASING'
in 8 simple steps

A)

You sit down, make sure you are not disturbed by anything (People, Phone, pets and Toddlers...) and then decide to give you a session.

B)

Before giving you a session you look how you feel at the moment. You give it a number from 1-to 10, 10 being the best.

So for example:" I am ok, but not really good, may be a 6 or a 7". You note this number down.

Then

1
You concentrate on any bad feeling or emotion (or body-sensation) that you can feel at the moment. (You don't care about the anger or sadness of yesterday – if you cannot feel it NOW, let it be. If you can still feel it now, you take it up).

2
You take up ONLY ONE emotion or feeling at a time. If 'bored', 'lonely' and 'sad' comes up, these are 3 emotions. You only take the strongest one. Then with this has flown out you take the next one etc.

3
You find where this emotion or feeling attaches to your body or where you can feel it in your body. It might be present in one or more than one locations.

4
You fully concentrate on this body part (or these places) - you even put your hand on the place if possible - and fully concentrate on FEELING the emotion/Feeling or Body-sensation that is there.

Observe its frequency, its precise vibration. You can even make it stronger.

Don't be afraid to get lost in it: you are now doing this consciously as the observer. It will not overwhelm you.

Feel it as intensely as you can.

5

At the same time you FULLY ACCEPT this feeling or emotion. You allow it to be there. You do not push against it and try to get rid of it - no, you accept it. You feel it as deeply as you can and fully accept that it is there at the moment.

Note: you do only accept the precise feeling or emotion - not any significance. Example: If you feel 'guilt' - then fully accept this guilt feeling, as an energy which is present at the moment. It does not mean that you now have to believe that you are or were indeed guilty. It is just a temporary feeling that will flow out.

To 'accept' the Emotion/Feeling or Body-Sensation as it is has NOTHING TO DO with 'love', 'surrender' or 'forgiveness' and all this. Simply see/feel it AS IT IS – which includes accepting that it is there at the moment.

6

You do NOT try to explain it, to look why it is there, you do not go back into stories and memories, you do not judge it (it is neither good nor bad, it simply IS).

You do not try to explain it, you do not justify it. In short: you do not THINK. You do only feel this feeling or emotion which is NOW THERE as intensely as you can and allow it to be there. You are not doing anything else.

7

If you do this the feeling or emotion will slowly release and fade out. You keep concentrating on it until this energy has flown out completely. Note: emotions and feelings can come up in layers. It might come up again a bit later - but normally with a slightly different feel to it.

8

Look if a new energy is coming up, a new feeling or emotion in the same spot of the body or at another place. You do the same thing again. And again. Until for the moment no new feelings or emotions will come up. Then look how you feel now - give you a number on this scale from 1 to 10 and compare it with the number you gave yourself before the session.

TOOLS & TIPS

Here are a few tools & tips what you can do, when you encounter an emotion that doesn't want to release easily:

1st:

From the Centre of your body create an imaginary energy-communication-line down through your body and into the center of the planet. Ground yourself. Anchor yourself.

2nd:

From the Center of your body create an imaginary energy-communication-line through your body upwards, through your head and out of your head and let it go up and up and up - as high as you can. (Get the idea to connect to 'Higher Self').

3rd:

Make the space of the emotion or sensation in or on the body BIGGER.

That means the emotion or feeling or sensation will be LESS DENSE.

4th:

Once you made it less dense, put your hand on this place and imagine pouring LIGHT through your hand into this place.

Lower parts of the body and the heart need GOLDEN light, upper parts of the body (head) normally WHITE LIGHT.

Middle part of the body, Chest, might need either, so you let the person decide which light is needed there.

Golden Light is Soul Energy (love, relaxation, security, comfort)

White Light is Spirit Energy (clarity, knowing, presence, awareness)

5th:

If an emotion/feeling/body sensation still does not want to flow out find out what it is connected to.

Sometimes a person says: I can not get rid of this 'shame' because the fear is too high.

So obviously you have to concentrate on 'fear' and take this up first.

Always check in the case of a resisting emotion/feeling/body-sensation what it is connected to.

It can be another emotion/feeling we need to release first, or another body part which is also affected by it, it could even be a thought which we would have to clean out first.

6th:

If with using all these tools the emotion/feeling/body-sensation does not release you can do 2 things:

- go to the next highly charged emotion etc. and try to clean this out, and the next again if one comes up - and then go back to the first one which did not flow out completely.

- you might also have to do a 'Level 1-thing' and simply ask: "Why is it good for you to feel this ('shame')."

7th:

If you did go into releasing the Emotions/Feelings/Body-Sensations first (Level 2) without cleaning out the Thoughts

first (Level 1), you might swap the level and do Level 1 (Thoughts) first, before you do the Emotions/Feelings/Body-Sensations. (Study the course pack for this !).

8th:

Very seldom you might have a slight pressure somewhere that doesn't want to leave - and it might be the 'Stuck Energy Cloud'

and it will only leave when you at the end do Level 4. (Again: Study the course pack for this !).

As always: if there is any question - please ask :-)

Links:

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