

ROOT HEALING

A short step by step description of the 4 processes in 10 points with explanations to each point

This free PDF gives you the full process of ROOT HEALING in its simple, basic steps with enough explanation to get you going.

To get a deeper understanding and a professional grasp of this modality you can do the ROOT HEALING course. It contains a WORK BOOK of about 130 pages and 1 to 2 free sessions plus supervision for your self-processing and for processing others – for as long as you need it - all for a very reasonable price.

For handling your own situation it might be a good idea to get a few sessions from a ROOT HEALING Coach first to get the feel for it.

Overview: The 10 Steps of the 4 Processes

(How to do each step in detail see further down).

Intro

- 1 Go into the 'Free Floating Awareness State' (be in “Session mode”).
- 2 Check if the client is sessionable and ready to be ‘in session’.
- 3 Ask the client what he wants to look at.
- 4 Quantify the Problem Strength: get a number for its strength (1 to 10, 10 being the strongest) and note the number down.

1st PROCESS of ROOT HEALING: CLEANING OUT THE THOUGHTS

(Big Brain)

- 5 Discharge all the upcoming **thoughts** about this problem, one at a time as it comes up.

Do this until there is no further thought in regard to this problem coming up anymore, in the client OR in YOU.

2nd PROCESS of ROOT HEALING: EMOTIONS

(Mammalian Brain, Heart, Body)

- 6 Discharge all **emotions, feelings** and **body sensations** connected to the problem, one at a time.

Take up the HEART first – then when the Heart has no more Emotions/Feelings – take up the whole body:

Belly, Stomach, Solar Plexus, Throat, Shoulders, Head, etc.

If there is an injured /painful body part, take this up too.

Do this until the client – AND YOU - can't find any further emotions, feelings or body sensations in regard to this problem anywhere in or around the body of the client.

3rd PROCESS of ROOT HEALING: EFFORTS

(R-Complex: Very low emotions, subconscious body energies, Instincts and “Cellular Response Energies”)

- 7 Get the SIEs (**Survival-Instinct-Energy/ies**) if client offers any (e.g. ‘hiding’).

Then let this flow out (discharge it).

Check if you already have the **Cellular Response Energy** (CREs) - otherwise let the client find it.

The problem can be stuck in a mix of “Cellular Response Energies”.

SIEs (Survival Instinct Energies) are urges like: to hide etc.

CREs (Basic Cellular Response Energies) are: Fight / Flee / Freeze

Normal reaction would be 1. “FIGHT” first – then if “fight is not possible”- 2. “FLEE”- and if “flee” is not possible 3. “FREEZE”.

Sort this out and discharge each as necessary, taking the last first.

4th PROCESS of ROOT HEALING: Cleaning out the remaining TRAPPED ENERGY (or Energies).

- 8 Let the client find where the Trapped Energy attaches in or around his body and clean it out. (Exact steps see also further down).

- 9 Check if some of the problem is still there – and if yes, find the remaining Trapped Energies and clean them out too, one at a time.
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End of Session Action

- 10 Let the person create a new ENERGY of 'who he really is' and let him put this energy into and around his whole body (bath in it – specially fill up the place where the stuck energy attached).

More to all the above you find further down in an explanation of every single point of the process.

How to do each step of the process in detail

Once you have a feeling for this modality you can almost forget the procedure – it will practically flow by itself. On the other hand, you can get into a kind of 'emptiness' when processing and 'forget everything' / 'go blank' – so best to make a crib as an anchor to remember things.

1 Put you into the 'Free Floating Awareness State'

You go into the 'Free Floating Awareness State' or 'State of Heightened Awareness'.

Be nothing – and therefore everything.

Or be everything - and therefore nothing. 😊

This will allow you to empty yourself, to be completely 'here and now' and to be able to feel your client, often 'knowing' his answers before he says them, often feel his emotions etc. , and it allows you ***to let the energies flow and discharge out through your space for your client.***

But if you have a feeling that you 'cannot do it' or 'that you are not good enough to do that' – don't bother. Get the concept and start anyway. This step will come naturally by itself if you do everything else right and have the right intention to help the other person.

By giving sessions you AUTOMATICALLY process yourself too !

Note: YOU – as an individual with your own ego do not exist in session. You do not bring in anything from you into the session. No personal comments, evaluations etc.

2 Check if the client is sessionable and ready to go 'in session'

A client who is not sessionable, e.g. too tired – or who has a 'Present Time Problem' – or recent break in Relationship - will not run well, leaving you and himself wondering what is going on, and give both of you a loss.

A put-together to make sure the client is sessionable - which I use:

Please read this before your first session:

(The first points are only applicable if done via Internet).

- try to get the best possible Internet Connection you can.
If you use a Wi-Fi Modem - see that you are positioned as close as possible. Shut down all programs you do not need on the computer.
 - if possible have a pair of earphones with a microphone ready. Sometimes there is an interference-noise in line when working with loudspeakers. If you do need to use the loudspeakers, turn the volume down as much as possible
 - you need to have a webcam
 - make sure that you are alone in the room (also no cats or dogs!)
 - and that you have the door closed and will not be disturbed
-
- do not take any alcohol on this day before the session
 - do not come with a hangover from the night before
 - do not take any medical psycho drugs, no anti-depressants, no tranquilizers or pain killers 3 days before if at all possible, no street drugs for at least 3 weeks before the session *
 - be well rested, not tired
 - not hungry
 - have some drinking water ready
 - shut down your phone and
 - reserve enough time, don't have someone waiting for you

- and don't schedule something very important right after the session, so that you can have all the attention on the session and relax afterwards (enjoy your new state!).

If you have a Present Time Problem (a problem that is very strong and which has to be solved in real life – OR if you have had a Break in Relationship with someone recently and still feel in a 'different mood' because of that – then please tell this your coach before the session.

Note:

Do not 'try to explain' your session to a friend and expect him to understand why it had been important for you. It was important for you because you could get rid of some of your charge. He cannot get rid of his charge only by you explaining him your session.

He needs a session for himself to better understand.

I am just mentioning this here, so that you do not invalidate what the session was for you when someone else cannot understand you fully.

* If you want to understand better what the function of DRUGS are and why we need to be drug-free for a session please read this here:

<https://www.facebook.com/groups/langkawihealers/1668220226724650/>

Important:

In the session I do release charge for you through me - I can feel it leaving my body. I will sometimes feel your charge better than you – in the beginning - because I am used to do this.

I can do this because on the level we work there is no place and time - so there is indeed no distance between us - even if you are far away.

When I feel your charge and release it I might pause for a moment and seemingly do nothing - I might even have my eyes closed. Please understand that in working with me this is part of the process of discharging the charge. Be patient and don't worry: I am not sleeping in session :-)

Thank you !

Mark

Note:

If you do not show up at the appointed time, I will wait for 15 minutes but not longer. After this I will not be available anymore on this day and you need to make a new appointment with me.

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3 Find the symptom/problem to be processed with the client

Next you check with your client what he wants to look at - the symptom/problem he wants to have resolved.

Let him state this in his own words, as simply and clearly as possible.

Do not accept general problems; do not accept a 'generality'.

Try to get a statement that "indicates" (where you can feel the emotion behind).

A too broadly formulated problem, or a problem that 'comes from the head', out of thinking, will not run well and/or take a lot of time to run out.

And do not accept a negative formulated problem.

If he tells you 'I am NOT happy' – find out what he IS (not what he is not).

If he says: I am often sad – this is better, but still not to the point. Which problem makes him feel sad? You would like to know!

If he now tells you: "I would like to be part of a family/ have a partner - but I am alone in this world" – then we have a 'wonderful problem' to work with. Yes – now we can start. (A problem has always 2 sides).

For the client, finding the exact wording of his problem is often quite a WIN. Time spent on this is time well spent.

Many clients bring as a problem some life-situation: I have not enough money. In this case you of course let them find out what he sees are the reason for this, their own inabilities or shortcomings which result in this situation.

4 Quantifying the Problem Strength

After the Client has stated a problem that really "indicates" - establish how strong it is on a scale from 1 to 10 (10 being the strongest). This is helpful later when finding out if you have got everything in regard to this problem – AND shows you, whether or not we have a real, serious problem before us.

You will do everything necessary to reduce the strength of this problem to 0 - and you will accept nothing less.

Of course there are situations where checking the problem-strength is not necessary or appropriate.

If the client is in grief because he lost his mother a week ago, you don't ask him how strong his grief is (if his emotions are freely available, and you would not do the 1st Process (asking him "why is it good for you.....") you would go directly to the 2nd Process and start to work on the emotions).

This we would call an ASSIST.

But if her husband did pass away 10 years ago – and she is still getting tears in her eyes when she thinks about it, then you would indeed ask her:

"On a scale of 1 to 10 – 10 being the strongest – how strong is this problem? "

And then you would go on with:

"Why is it good for you that you still get this grief about your husband who passed away 10 years ago?"

Sometimes the client says: "The problem strength is about 5 or 6". Or similar.

In this case make sure the client is really connected to his problem. Tell him: "Go back to a time you had this problem. Are you there now? How strong is the problem?"

If the problem is still only 5 or 6 – something is wrong. You don't want to waste your time on this. Check if this problem has to be formulated on a deeper level.

For example: If "I feel always a bit anxious when with new people"- does not indicate deeply enough (gets only a 6) – this might boil down to the fact that he is anxious simply because he cannot trust himself, because he "cannot say no" which then would indicate better (be an 8 or 9 or even 10).

It could also be that the client is not really interested in having a session.

Od he might have a 'Present Time Problem' or a recent 'Break-in-Relationship' with someone.

Check also if he is here on his own volition – or if someone told him he should have a session, or if he is just curious as to what this is all about. If so he is not 'in session' = interested in finding out the REAL cause of his problems and willing to speak to the coach about it".

If someone has not a problem of at least 8 I would be suspicious and try to find out what is going on.

5 Goal Setting

After that - establish the Goal for the session.

Just ask "What is your goal for this session?"

The goal will usually be - 'to get rid of the problem' - but you will be astonished what the clients sometimes come up with. Also you can check if he just wants 'perhaps a bit less pain' - or clearly states "I want to totally get rid of this pain" - which he should of course.

Setting the goal helps to establish the intention, the 'power-line' of the session.

I myself am not doing this very often – but it is basically a good idea 😊

1st PROCESS of ROOT HEALING: THOUGHTS

(Big Brain)

6 Getting and cleaning out (discharging) all the thoughts regarding this problem

Here we clean out (discharge) all the thoughts about this problem in the Big Brain.

These thoughts mainly contain all the 'reasons why', 'justifications' (secondary gains) and 'anchors' – which make this problem 'stick'.

You take up everything that comes: like 'command phrases' (out of incidents: 'I am stupid'- 'Nothing can be done'- etc. etc.), - all the postulates from earlier incidents ('I will never again ...', Men are), all kind of justifications - AND also all the thoughts out of pleasure moments that come up (on which the client is hung up on).

We take up stuck positive thoughts too !!

You simply clean out every thought in regard to the problem that comes up.

Here are the questions to get these things out in the open and discharge them (use only the ones appropriate for the situation and of course only one at a time). If one question doesn't produce anymore answers, but you have a feeling there is more – use another question.

General questions

- **"Why is it good for you to have this problem?"**
- **"What do you gain in having this problem?"**
- **"What would you lose if you didn't have this problem?"**
- **"How does this problem serve you?"**

Variations:

- **"What is your basic consideration about this problem?"**
- **"Why is it 'normal' to have this problem?"**

Variation for 'too dependent' people:

(This will help to clean out self-invalidations).

- **"What do others think about you having this problem?"**

- **"What does your husband/wife/ mother/father think of you having this problem?"**

Variation for abuse cases:

"Why is it ok (for example) to hit your wife?"

"Why is it ok (for example) to be hit by your husband?"

In between these questions you can also simply ask: **"What else is there", "What else is coming up" "Any other thought about this problem?"**

The client should understand that he is allowed – yes expected – to bring up anything that pops up in his mind in regard to the problem.

He needs to LOOK for the answer popping into his mind. He is not allowed to "THINK ABOUT" or to "figure it out" etc. We want spontaneous answers coming up from the subconscious. We expect the answers to be of a 'stupid-logic'- that's why we want to get rid of them. The client needs to understand that and to feel fully comfortable with you to voice them.

We do not want stories, no explanations, justifications or evaluations about the answers. The answers are the answers – and THAT's it !! Otherwise we would pull in emotions and NOT simply clean out the Big Brain and it could go on forever.

This is crucial!

These thoughts are so important (in a negative way: keeping the problem 'real' and holding it in place) that one could often clear problems - even physical problems - by simply doing this step alone.

(Explanation: This MIND Crap is sitting between the client and him seeing the problem exactly the way it is. If he could see the problem exactly the way it is, with no added significance to it – there would be no resistance to it and therefore no problem left. Only a challenge to change things – perhaps.)

Make sure that the client has indeed understood the question, that he is willing to look, and tells you what is coming up.

If the client tells you: "There is nothing good about having this problem"- then you can tell him: "Yes, I understand. That's why we want to look at it and get rid of it. BUT the mind is a funny chap, he tries to see things from every side and he could come up with some idea why it is good to have this problem. If he would do so – what would he say?"

Take everything that comes up – no matter how crazy it is - one after the other, and accept each as it comes. I normally say "**look at this answer, feel it, repeat it to yourself, listen to it, accept it fully and let the charge behind it flow out**". (Or similar).

Often the client has to laugh about the answer – which is a clear sign that he did discharge it. We want him to see that the answer really has no value in itself, but is just a crazy computation.

The client and the coach 'validate' the existence of what comes up. They fully accept what comes up. It can take some time to let the charge flow out - because this is what will happen. With the time both of you will feel it, and understand that you *feel the same charge at the same time. (Charge can be felt easier in the next step: the cleaning out of emotions).*

This 'validation' or 'acceptance' as a process of discharging the energies is normally immediately understood even by those who have never done anything similar before.

You validate (accept) each THOUGHT as it comes up.

Then ask if there is another one – until nothing more comes up in the client OR in you.

About Co-Processing and Co-Discharging

The BIG difference here to 'normal processing' is that you can and should contribute to the process if something relevant comes up within you.

(You do not consciously run your case too. This will happen to some degree anyway, but you are concentrating only on the client).

You might suddenly see/feel/know another thought, which seems obvious, but the client does not mention it. In this case you tell it to the client, asking him if this might also be a valid answer for him (something that is charged).

Of course if he says 'no', you instantly drop it. NEVER try to sell your answer to him. NO further comment from your side. If he says no – it is no. (Even if you KNOW it is indeed 'yes'. Probably he will come back to it. I have experienced this many times.)

He will usually see that this too is relevant for him, and charged, and needs to be acknowledged.

Of course you never interrupt the client (if he is doing the process). You note down what comes up within you and probably the client will bring it up by himself. Only when the client stops finding things – do you go in. **The exception is sadness coming up**, which you take up right away when it comes up (asking him of course if it is valid for him or not) as it will slow down or stop the processing if not discharged.

As you and he are 'one' in regard to doing this processing, you will often get very precise, strong and clear information about what 'comes up in the client' just before he says it and

also about what he doesn't see yet. This is fascinating and quite an experience in itself. And you of course validate everything that the client validates (letting his charge flow out through you too).

You will normally feel the charge flowing out through your own body - and the client will often say that he is through with it at the same instant that you become aware that the charge is gone.

You will soon have very good reality that the client and you are 'one' in regard to processing this problem. - Sometimes the client has finished flowing out the charge - but you are still going on. Then just let him know that you are still discharging, and let him wait. No rush.

At other times the client still has charge flowing out but you - for some reason - cannot feel it. This is possible too. Then you have to wait patiently until he has finished.

Some clients could also start with ROOT HEALING PROCESS No2 – with the emotions – but others would not be able to contact their real emotions and feelings as long as the subconscious thoughts help them to shield themselves from experiencing unpleasant feelings.

Once all the THOUGHTS have been cleaned out in regard to the problem – even such a client is now able to contact his true emotions and feelings.

But even if you could go to the emotions directly – the justifications we handle in this first step would come up later; the client would not be willing to let go of the stuck energy in Process No 4. So we do this first step always (unless we do only an ASSIST and not a regular session).

2nd PROCESS of ROOT HEALING : EMOTIONS, Feelings, Body-Sensations (Middle Brain or Mammalian Brain)

7 Get access to the deepest emotions in regard to this problem and discharge them

Here we clean out all the emotions, feelings and body sensations - emptying the mammalian brain (middle brain) in regard to this problem.

When all the justifications for the problem have been found and discharged in the 1st Process - the 'Big Brain' is emptied in regard to this problem - and next brain (the middle brain or mammalian brain, connected to the Heart Region and the whole body) will open up (if it was closed before) and we now can ask for the emotions, feelings and body sensations connected to this problem.

Ask the client to put his right hand on the heart and ***feel how the heart feels***. (Not how he feels about his heart!).

If the client cannot feel any emotion in his heart – go to the body and ask for emotions and any kind of sensation in the body. Start with the belly. (Let him put his hand on the belly).

Often a client who has difficulties feeling emotions cannot feel anything in his heart BUT can feel pressures or a hard spot or anxiousness etc. in his body.

Go through the whole body – then go to the heart and check this too.

If the client comes up with a whole list – you stop him. Tell him that it is crucial for the process that we take up one single emotion, feeling or body sensation at a time and fully concentrate on the exact quality of this experience, the exact frequency of one single emotion, feeling or body sensation.

So to make it fully clear - if the client comes up with 'bored, sad and lonely' – this are 3 different emotions. We first take up 'bored' and discharge it fully, then 'sad' , then 'lonely'.

We tell the client: ***“Feel being bored, feel this feeling as deeply as you can. Be bored. You can even make it stronger than it really is. Feel the exact frequency of this feeling AND ACCEPT IT FULLY. Allow this feeling to be here*** (or similar).

Use as much explanation as the client needs – with the time he will do it naturally - you can then just say: ***“Ok, discharge it”***.

You and the client together validate each emotion, feeling or body sensation that comes up and let the charge of each one flow out.

When there are no more Emotions/Feelings in the Heart (or in the body) – go and check the whole Body (resp. the Heart now).

Take up the Belly, then the Stomach, then the Solar Plexus, then the Throat area, the Shoulders, the Head – ask if there is any other body part which has something coming up.

If there is a hurt or painful body part (being part of the problem) then take this one too.

You do empty out any body part from all the emotions, feelings, pressures etc., etc. – and you tell the client, that body parts can have thoughts too! (Specially the damaged body part!). So at this stage if a thought would come up from a body part – you just discharge it (but go on looking for emotions, feelings and body-sensations).

You work on this until you have all the emotions, feelings or body sensations and thoughts that are connected to this incident, from the whole body, and you also check within

yourself if there are others the client has not yet seen. If there are others which you can feel - check them with the client one by one, to see whether what came up in you is also true for him (charged) or not. It could be his, or yours, or belong to both of you.

At this stage – at the end of the 2nd PROCESS of ROOT HEALING – the symptoms of the problem we are looking at has normally already vanished or become much less.

Note: If on this process the client comes up with 'Survival Instinct Energies' (SIEs - e.g. the need to hide) – or even some 'Cellular Response Energy' (CREs = the urge to Fight / Flee/ or Freeze) – then this can indicate that the emotions are already enough discharged to go to Process No 3.

3rd PROCESS of ROOT HEALING: EFFORTS (The R-Complex)

9 Get the SIEs and the Cellular Response Energy(ies) (if not the same)

Now that we have cleaned out the Mammalian Brain, we can go a level deeper into the so called 'Gut-Feelings', the survival energies in the belly area (connected to the R-Complex, the oldest brain, the survival brain).

Here we clean out (discharge) the 'Survival Instinct Energies' - if any comes up – and the basic 'Cellular Response Energies' - which are always present.

Find which of the "Cellular Response Energies" have been triggered in regard to this problem and discharge them.

In order to feel it more easily, you can ask your client again to put his hand on the belly.

These are not thoughts of course and also not really emotions, they are more REACTION PATTERNS or **EFFORTS** of the body.

They are very basic and simple, having to do with direct survival, food, procreation, safety etc. They are the most basic urges of bodily survival.

The question to the client is:

"If you were a small animal, like a lizard or similar, what would your REACTION be in this situation?"

(Make sure he understands that you are speaking of the time when he still did have this problem – not now):

The client can come up with very different answers, like:

- to hide

- feeling trapped
- etc. which are 'Survival Instinct Energies'

Or the client may immediately come up with one or two of the 3 basic "Cellular Response Energies" (CREs):

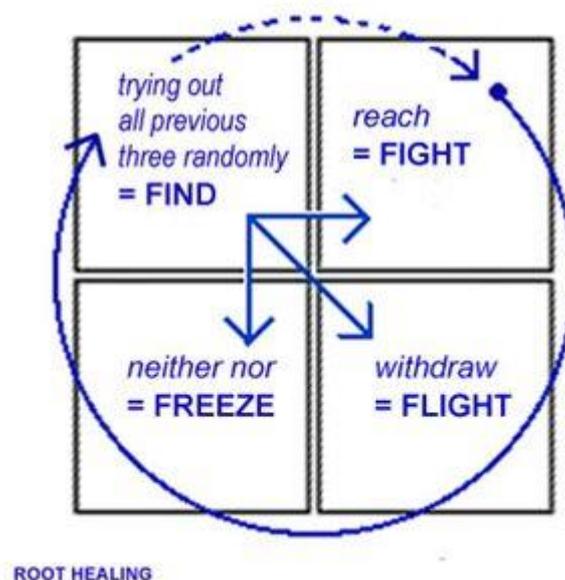
- to fight (to attack, to fight back, to dominate, to kill it)
- to flee (to run away)
- to freeze (to play dead)

There is a fourth possibility, which we call "Find":

- to find out (randomly trying all of the above 3, to find out which works).

THE 3 + 1 CELLULAR REACTION ENERGIES

Reach and Withdraw forming the pattern of the FIGHT-FLIGHT Response and the other 2 Cellular Response Energies



All these reaction modes have direct implications in regard to the bodily functions (like flushing it with adrenalin in the FIGHT or FLIGHT response. The FREEZE response - also called the 'Relaxation Response' - in its extreme can lead to the state of hibernation in some animals, etc.).

The 4th state, FIND, consists of the random activation of the first 3 Survival-Instinct-Energies. It leads to Anxiety and Self-Questioning with regard to the search for the 'right pattern in life' and is a harmful energy if switched on chronically.

To discharge the Basic Cell Reaction Energies, tell the Client:

Freeze, make your body still, don't move, play dead for as long as you like to play dead !

Flee, flee, run away. Run as far as you need and stop only when you are far far away and truly safe.

Ok, fight. Imagine you are a lion and fight, fight, fight until you have dominated them all and there is nothing and nobody left to fight against.

See also:

WIKI http://en.wikipedia.org/wiki/Fight-or-flight_response

or: <http://www.thebodysoulconnection.com/EducationCenter/fight.html>

When the R-Complex item has already made it very clear which “Cellular Response Energy” (CRE) is involved - e.g. “to kill the bastard” (equal “Fight”) - there is no need to ask which cellular energy is involved.

But in cases where this is not absolutely clear, you would ask for it.

If the client gives you ‘hiding’ – then – after you have fully discharged ‘hiding’ you would give the client the 3 basic “Cellular Response Energies” and ask him which of them is behind it. He will probably immediately find the ‘freeze’ – and this will discharge even more stored energy. (You of course discharge it together with him).

Note: The SIE (“Survival Instinct Energy”) or CRE (Cellular Response Energy) should be found very easily and practically ‘fall into your lap’. If this does not happen, if YOU cannot feel the SIE or CRE coming up – then you are not there yet.

As stated before, ALL of the 3 “Cellular Response Energy -Qualities” can be involved and are very often involved!

In fact, if a client did land in 'FREEZE'- all 3 qualities of the Cellular Response are involved. The client says "First I want to attack, but then I don't dare and want to flee. But I cannot and go into freeze."

The way to discharge them is to take the current one (FREEZE) – then go to FLEE (even if he could not flee in the relevant incidents, let him allow the experience of the possibility to flee, - then take up FIGHT. Let the energy flow out through you too, together with the client, for each one separately.

At this point very often all the symptoms of the problem we are looking at have completely vanished. Only in some few cases there is still something there to a low degree. This is ok and will vanish too, when we have done the 4th PROCESS of ROOT HEALING. It is part of the stuck energy (and/or the reaction to it, the "pushing against it").

4th PROCESS of ROOT HEALING: Cleaning out the TRAPPED ENERGY

8 Let the client find where the Trapped Energy is located in or around his body and clean it out.

(Part of the following is close to the original text of the ACE Therapy as already published in a video online. As this is only a part of the ACE Modality - and 'formulas' can anyway not be copyrighted, I consider this not to be an infringement of the copy-right law – but in fact to be fully legal and beneficial for a bigger range of people.)

I have so far never seen that there was no TRAPPED ENERGY there, when I asked my clients at this point (with the exception of 1 person). It might be that it did already dissolve during the process, but this is *very seldom*.

I ask the client, if he can imagine, or feel or see or know – that from the beginning on there was something like a TRAPPED ENERGY behind this problem that pushed him in a certain direction.

Then I ask the client if he is able to get an idea where this TRAPPED ENERGY is attached to his body: In or outside or around his body.

Everything is possible here. If the client says that the Trapped Energy is located on the moon – accept it and let him look for the connection point on his body.

If the client cannot answer this question – see if you can feel where it is attaching. Often it is around the neck or the chest. If you have a feeling where it could attach – ask the client. Mostly they will agree that yes, this seems to be case now you said it.

Sometimes the stuck energy is like a cloud, an energy wrap up around his body. Ask him if this is the case if nothing else comes up.

Once we have the location (but also if we cannot answer the question) I proceed by asking him: (Where ever this energy is attached....")

'Is this Energy yours - Yes or No ?' –

Accept whatever the client says.

Sometimes a client says "Yes and no."

So you ask him :

'So there are in fact 2 energies?'

He will normally say 'Yes'.

Then take the one which is NOT his first.

The other one is probably his own energy pushing against the foreign energy – and might erase when we clean out the foreign energy.

Ask him: **'Where does it come from? From how far back?'**

The TRAPPED ENERGY can be ENERGY the client created himself a few years back – or an ENERGY he created millions of years back – or an ENERGY he picked up a few generations back ... or "before time"- or just anything.

Trapped energy is often passed down ancestrally, or through group consensus ("Morphic Field"- e.g. The Church) or a partner, and even the persons parents.

Tell the client: **'Go back before the energy was ever created.'**

(Some clients will say: "Yes, but nothing exists there ... is this ok?"- You assure them that this is ok.)

Wait for them to go back in time, you often can see a change in their face and may feel the energy drop as they go back before the energy was ever created.

Ask the client: **'Are you back before the energy was ever created?'**

To make sure ask him: **"Where you are now, can you still see/feel this energy?"**

If the client says "Yes, but it is far away" or similar – let him go back further until he comes to a point where this energy does not exist yet.

If he is indeed at a point where the energy does not yet exist, tell him:

'Go into your heart and get what you need to learn from this?'

'Ask your heart what it wants to teach you?'

The client may give you an answer or not. You simply give them the opportunity to get the learnings – if there are any. This might be below/above consciousness and he might not be able to word anything. It is not necessary that he does.

Ask Client: **'What are you now doing - that once you let this go - you STOP doing?'**

'What are you now NOT doing - that once you let this go - you START doing?'

We again don't need to get an answer.

Ask Client: **'Do you have any reservation to totally clear out this energy?'**

(You might need to tell the client, that he has not to do something – you will do it for him).

then: **'Are you totally and 100% willing to do it NOW?'**

If client hesitates a bit – check for objections: go back to Process No 1 !

Same if client voices objections – clear (process No 1).

If client has no objections and is willing to let the energy go,
do the following:

THIS YOU DO ONLY IF YOU NORMALLY CAN FEEL THE DISCHARGE OF THE CLIENT – if you cannot yet feel the discharging of charge in your client – you leave this step out.

'Ok we check it.'

Ask Highest Self to come down and clean any possible subconscious reservation the client might have to let go of this ENERGY (silently).

If all is ok - you will then immediately start to feel some discharge – IF you are able to feel the discharge of energy in the client.

If you feel no discharge – but normally do – proceed directly to: **If the ENERGY is not gone there are two possibilities . . .** further down.

If there is a discharge you say:

'Ok, now we do it.'

Ask Highest Self to come down and clear the ENERGY out (silently).

(Again: if you are able to feel the discharging energy of your client, you will feel the ongoing discharge here).

You will see and feel a sense of relief as the imprint and all the energy releases. Look for signs of this happening.

Once the energy has gone – wait a few seconds – then ask the client:

'Has the energy gone?'

If the ENERGY is not gone, or not gone, there are 2 possibilities:

a) The definition of the stuck energy was not correct

Go back to the definition of the ENERGY – find out if it is really his or not his, and redefine the age of the ENERGY. Often an ENERGY is way older than the client does see at first.

Then when you have corrected that – do the whole rest of the process again.

But sometimes it will then just discharge by itself.

b) Despite what he said – the client is NOT subconsciously willing to let go of this energy

It is up to your 'knowing' which one you check first.

If the energy is partly gone:

This normally means that we had two or more similar stuck energies – and one is gone and another one is still there.

Check if this is real to the client.

Then go back to define the energy that is still there and go through the process from there on again.

If the stuck energy is gone:

9 Check if some of the problem is still there – and if yes, find the remaining Trapped Energies and clean them out too, one at a time.

First ask the client if he can feel another attached energy in regard to this problem.

If he cannot - ask him to go back in an incident in which the Problem was very strong – and see how it feels now. Ask him if there are still any symptoms, even if very small, of the original problem around.

If there are still some Symptoms around:

Search for another TRAPPED ENERGY (a parallel strand of TRAPPED ENERGY) – find it in or around the body, ask “Is this ENERGY yours, yes or no ?”- and go from there doing the whole procedure until the end again.

If after this there is still something there – look for a further ENERGY and so on.

Often there is just one Energy, very seldom more than 3.

Test and test some more, you want to make sure there is no energy left on any old events and that he cannot access the old feelings/energy anymore. Check neutrality of any pictures or people that had an effect on him with regard to this problem.

If there are no more symptoms around:

Proceed to the last part (with a new client) and ask a client who has done this last step already once, if he wants to do it again. (They normally want).

10 End of Session Action

Let the person create a new ENERGY of ‘who they really are’ and let them put this energy into and around their whole body.

Tell the client: **Create a new energy/image/feeling that is
"who you really are".**

Do the three tests: **- Did the new energy/picture feeling come up easily ?
- Do you like it?
- Did it go into the heart easily?**

If one of these does not happen quickly and easily - there is more to clear !

Tell the client: **Put the new energy into all areas of your body.**

Give the Client the information, that some problems – specially the chronic ones – are often made of several parallel strands of TRAPPED ENERGY and that it is therefore well possible that in the first session there are still strands we cannot see and which will come up in a day or two or three. Tell him, that “if the problem seems to come back” this will be AN OTHER STRAND of ENERGY and not the same one. It will look very similar but will in fact probably be slightly different. - A chronic problem needs sometimes a few sessions (up to probably maximum 3 or 4, but normally not more than 3) until it is completely and forever cleaned out. (Most things are cleaned out fully and permanently in 1 session).

3 THINGS WHICH ARE VERY SPECIAL IN ROOT HEALING

There are three things which are very special in regard to processing with **ROOT HEALING**. Even if you are an experienced coach – you might not know that these three things are possible and of great importance:

1 DISCHARGING WITH AND FOR THE CLIENT THROUGH YOU

YOU will be ‘discharging’ the negative energies of your client with him (letting the charge go through your own space and body). You have to experience this before you can understand it, because it is simply such a ‘new fact’. You can feel it flowing through your own body. We normally speak of discharging ‘negative energies’ – but in fact you are simply discharging stuck energies - negative and positive stuck energies are the same thing: stuck energy. We discharge both as BOTH are harmful (addiction).

I feel the discharging of the stuck energy of my clients as thousands of microscopic little bubbles or sparks going through my body. It’s a nice feeling and feels the same for positive or negative energies. Others may feel it differently.

If you do not feel it in the beginning or even think that you would never be able to do so – don’t worry. It also works without that – and doing the process with others you will discharge a lot of charge of your own too – and probably come to this point faster than you would expect.

2 GETTING ANSWERS FOR THE CLIENT FROM ‘WITHIN YOURSELF’

With that we mean that we will help him to get all the Thoughts – Emotions – Survival Instincts and Basic Cell Reaction Energies.

This would be a big ‘NONO’ in nearly any other serious therapy or healing modality – BUT it is an important factor in **ROOT HEALING** and works here very well. It is very effective.

How can this possibly be?

It works because the coach is ‘in the same space’ as the client, doing this process with him and able to ‘get what’s coming up within his client’.

Most of the time.

This can be by ‘feeling’ or just by ‘knowing’ what is there. The coach will often be aware of a thought shortly before it is voiced by the client and can often feel an emotion coming up in the client before it is expressed by the client.

And of course the coach will ‘feel’ or ‘know’ the SIE / CRE - the moment it is ready to come up.

So when the client tells us his consideration about “Why it is good for him to have this problem” – and he has no more answers, but YOU have an answer that came up and that seems valid but was not voiced by the client, then you tell the client this and ASK if this would be a valid answer for him too - or not.

Often it is. Sometimes the client says ‘no’ – but later comes back to it and takes it up. If it is a valid answer for the client, you run it out of course and if he says ‘no’ you don’t. (No insistence!!).

Or if the client initially can’t find any answer – let’s say to the ‘problem of being obese’ – and you get the feeling ‘it could give him more importance’ – then check for that. “Could being obese give you a feeling of importance ?” – and he might say ‘oh yes, true’. Then ask him to ‘take this answer within himself and repeat it to himself – ‘being obese gives me importance’ – tell him to feel this statement as deeply as he can, accept it fully, and let its energies flow out (or similar) – until he laughs about it (or at least has seen the complete ‘nonsense’ of it.)

Same on Process No 2: when the client has no more feelings coming up, but you either feel or ‘know’ that there are others, you ask him.

You could say: “I also get a feeling of ‘jealousy’ here. Is this true for you too?”

And he might say ‘yes’ or ‘no’. If it is a yes (and it mostly is), then you let him ‘feel it as deeply as he can and fully accept it and let it flow out’. If he says ‘no’, you fully accept the ‘no’ and don’t insist. It could be something from within you .

Sometimes the client will describe an accident, but completely forget the ‘pain’. Then you ask him: “Is there also a feeling of pain in this incident?”

If within you additional justifications, emotions and feelings come up in between his statements – don’t interrupt him. Just write them down and ask the client when he himself cannot find any more items on the level you are working on.

Sometimes you feel sadness coming up. In this case – if the client doesn’t voice it and is just silent - you ask him right away:

“I feel sadness. Is there sadness?” - because this sadness, if not handled would block everything else. He first has to discharge it so the next emotion, feeling or body sensation can come up.

3 Going down to the 4 basic building blocks of all problems

From the viewpoint of **ROOT HEALING** each problem or condition is basically an expression of a mixture of 4 basic building blocks - the 4 Cellular-Response-Energies,

Fight, Flight, Freeze – and Find.

The challenge is not to find out which one it is - this is easy - but to get the client down to the point where he can contact these energies and discharge them.

Doing the whole procedure as given here without shortcuts, makes this very easy to achieve.

A NOTE IN REGARD TO 'FINDING THE FIRST INCIDENT'

Many modalities work with finding the first incident.

ROOT HEALING does basically not work with incidents.

We might use incidents to steer the client to the emotional charge – yes – but we do normally not go for the content of the incidence.

In ROOT HEALING we only need to have the full blown Emotion/Feeling/Body Sensation behind a problem.

If this is already there, we do not need any incident.

If not – we will ask the client to go back into an incident where he had this problem.

If he then gets the full emotion, that's fine.

Very seldom do we need to go and find 'the first incident' to get the full impact.

But if the clients problem is in fact that he is completely stuck in an incident – then we have to clean out the incident and even go earlier on the chain of incidences. This is so – because the client would otherwise see everything THROUGH this incident in which he is stuck – and would not have enough free awareness to do the full, normal ROOT HEALING process.

How to do that you find in the section FREE TECH PDFs on the ROOT HEALING website:

www.roothealing.org

Look for *TIER – Traumatic Incident Erasing as done in ROOT HEALING*

You might have many more questions

Some people are able to start right away and process themselves. Other are NOT able to do that. I suggest for everybody:

1. Get a session first. Ask if there is anyone who would be willing to give you a free session if you have no money. Join the group in FaceBook and ask there

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

2. Do the ROOT HEALING course.

It includes a WORK BOOK (PDF) of about 130 pages – 1 or 2 free sessions and supervision for the processing you do with yourself and others.

Links:

Website: www.roothealing.org

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

Mark: mark.roothealing@gmail.com

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Mark

If something in here is not clear – or seems contradicting – please let me know, so that I can change it or explain it better. Thank you.