

# TIER – Traumatic Incident ERasing

## – as used in ROOT HEALING

### Definition:

When we speak about ‘incident’ here – we mean a ‘traumatic’ incident. A traumatic incident is an incident which **overwhelms** the client. It can have *physical impact* and *loss of consciousness* but not necessarily. It can also just be a **big loss** or the threat of a big loss. It is a situation where ***the analytical mind is shut down*** and replaced with the simpler but faster operating ***re-active mind, the mind of the animal kingdom, the subconscious.***

This mind can ‘not think’- all it can do is associate the things in an incident with other things in the incident and with the whole incident and with the threat to survival as experienced in this incident.

### When to use this process

If the problem of your client – if he has chronically low emotions and low energy (including Depression of any kind, of course) – is that he is stuck in an incident, a chain of incidents or several chains of incidents.

These incidents are still ‘subconsciously with him’, he is still subconsciously living within them, they are not confronted, not digested, not integrated.

That means: a part of him lives in the PAST.

These incidents are part of his re-active mind because they have not yet been seen fully by his analytical mind and understood as ‘what they are’.

They are still to some degree a Mystery (and therefore attract his interest).

This is what we call spiritual MASS.

It is condensed, potential CHARGE.

We can lessen or completely dissolve this mass by dis-charging it.

A special kind of Incident is the BREAK IN RELATIONSHIP – especially if it is a ‘Break of long duration’. More about ‘Break in Relationship’ and how to handle them you find in the work book.

## **TIER - how the process works**

The process works in the same way as ROOT HEALING:  
we simply make the client SEE WHAT IS.

In the process itself – one step is to discharge the incident with the 2<sup>nd</sup> Process of ROOT HEALING (erasing the emotions, feelings and body sensations) in the incident.

But beside this there are a few more ‘spiritual tricks’ (in fact they are applications of basic spiritual laws) - which we use and which are VERY EFFECTIVE:

### **The basic spiritual laws behind the TIER process:**

**1 What we can see ‘as it is’ (or feel as it is) will erase from our reactive mind through dis-charging and – even though we still can know the facts (what happened) of a past incident – it will stop bothering us mentally or emotionally or body-wise (we know this already from the ROOT HEALING process).**

**2 There is something we could call the ‘Cycle of Action’.**

An ‘Incident’ has a starting point, goes on for some time and ends again. Being able to ‘see the full cycle’ helps us to see the incident ‘as-

it-is’.

Therefore we will always make sure to have the EARLIEST BEGINNING of an incident. Because the earliest beginning can often not be seen in the beginning of the process, we will ask again and again for it in the process with each passing through.

### **3 On the spiritual level there is no border between space and time.**

One does access that which is on the same ‘wavelength’ – which means: the charge of another person in an incident is ALSO the charge of the client himself.

Because of this we always discharge an incident from all the point of views – meaning: from the point of view from any important terminal in the incident.

We tell the client e.g.: “Ok, now you are your father. Go back to the beginning of the incident and go through the whole incident being the father.”

Then we will also erase all the emotions, feelings and body sensation he has ‘as the father’.

This ‘law’ makes it also possible to do ‘surrogate’ processing for another one, without him knowing about it.

I am not going into the discussion about whether this is ethical or not. IMO you will KNOW when it is ok and when not.

### **4 A severe incident will be followed by an ‘Identity Shift’**

We ask the client:

‘Who were you before this incident?’

- and: ‘Who were you after this incident?’

This will be a POLARITY.

## **5 Polarities, if there is nothing between them (to keep them at a distance) DO MERGE.**

The merging of a polarity means, the client is no more trapped in this polarity. He can now see the 2 poles as 2 sides of the same thing. In TIER we do something we usually are not doing in the polarity-processing: we merge this polarity, which is a polarity which represents the 'good' and the 'bad' side.

The reason for this is:

## **6 A sequentially defined polarity will always merge back to the first pole if the 2<sup>nd</sup> pole is fully dis-charged.**

That means: when we merge this 'good and bad' poles, the thing that was there first (and is therefore the originator of the 2<sup>nd</sup> thing) will completely take over and the 'bad' pole will merge into the 'good' pole and completely dissolve as 'bad'. Some clients say: it gets purified. The merging will only happen if we discharged the whole incident thoroughly before that.

This merging will be a big relief for the client – and the 'last proof that he has totally overcome/erased the incident' and is no more affected by it.

His gains are even bigger than that, as he is now 'above the level of the two poles'.

There are of course many other 'basic laws' which could be named here – but these are the most basic ones to understand how and why the following process works.

## **THE PROCESS**

First establish with the client what the problem is, take it as deep and fundamentally as possible.

Then – let’s say he is often sad and wants to look at that -  
you ask:

0 “Find a problem in your past, where you have this sadness.”

(“Have’is a keyword of the reactive mind – so we always try to formulate such questions using the word ‘have’).

1 “When was it?”

2. “What is the duration of this incident?”

3. “Go just before the beginning of this incident.

Are you there?

What comes up ?“

(If the client normally can see pictures: “What do you see?”).

4. “Go through this incident by yourself up to the end – xxxx (duration) later.

Look what is coming up. Tell me when you have done it.”

5. “Tell me what happened.”

(If the client doesn’t want to tell – YOU CAN SKIP this point!)

If he tells you – make sure he tells it in the present time.

Not I ‘did’ – but ‘I am doing this and then this happens....’

6. “What is the main emotion in this incident?”

– Discharge it in the ROOT HEALING way.

7. Discharge any other emotion, feeling and body sensation of the incident which comes up ONE AT A TIME (Exactly as in ROOT HEALING!) . Check the body !

When nothing is there anymore - or no change anymore - go to the next step:

## 8. **The 6-Direction Process**

“Create a BALL (in your imagination).

Put all what did come up until now, all that has anything to do with this incident, all emotions, thoughts, body feelings and all what happened into this BALL.

Can you do this?

Tell me when you have it.”

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“What is the color of the ball ?”

(This is just for info to see the change afterwards. You do not act upon this info at all).

Then you do the 6-direction process:

- put the ball above your head

(wait always for his confirmation that he has done so. He can say something or just nod.

The client should be feeling what he is doing, not do it ‘on automatic’!)

Then you acknowledge him :

“good”( or thank you, etc.) You always in processing acknowledge when the client has done a command.

- put it below your feet

ok

- put it to your right side

good

- put it to your left side

- put it before your chest

- put it behind your back

Then start from the beginning again:

- put it above your head.....

Do this whole cycle several times. At least 3 times, better more.  
If you can feel the discharge (or can see change in the client) – do it as long as it does produce change (change is a form of dis-charge).

Then you ask:

“How did this go? Did something new come up?”

and also:

Has the color of the ball changed?”

(This is an indication how the process is going. Sometimes the size, form, density etc. of the ball changes too. Sometimes the ball gets bigger and more heavy – which means the client goes deeper into the incident, which is good. At the end the ball should be light and transparent or even vanish completely. But the ball can also vanish if the client simply ‘keys the incident out’. So you do not take the vanishing of the ball as an indication that the incident is erased! – you go back to the incident and let the client check what is still there!).

After this you ask the client:

“Is there an earlier beginning of the incident?”

and if yes:

“Go just before this earlier beginning of the incident, then go through the incident by yourself up to xxx later and tell me when you have done that.”

Some clients will try to remember exactly what happened – tell them that they should simply look what NOW wants to come up, they do not need to ‘remember everything’.

**We do not want them to ‘remember’- we want them to re-live the incident!! – the parts which are still charged.**

After the client has done that we do again release all the emotions, feelings and body sensations.

Then we do again let him make a ball and tell him:

“Put everything how you see it now, everything that has anything to do with this incident into the ball.”

And we do the 6-direction process again.

We repeat this whole cycle of -

- a) going through the incident ,
- b) discharging all emotions, feelings and body sensations and
- c) doing the 6-direction process

as many times as it is necessary until the whole incidence is fully discharged.

This can take between 1 to several times (6, 7 times is the most I encountered so far).

### **How to know if the incident is fully discharged**

I ask the client: are you still ‘interested’ to see more of this incident? Is there still a mystery in this incident?

Is there still some attention on some part of the incident?

If this incident would be a cloud – what color would this cloud have?  
(The cloud should be transparent or just vanish)

When the incident is fully discharged already, you check:

#### **1. Shock Moment**

“Was there a shock moment in this incident?”

If yes, let him go through the shock moment a few times to discharge it

even deeper.

## **2. Postulate**

“In this incident, was there something you decided about?”

Let him find out and let him see how this decision influenced his life. Just short – so he becomes aware of it and can consciously let go of it.

## **3. Identity Merging**

“Did this incident change who you are? Who are you before this incident – who are you after this incident?”

(This Identity-change is normally the case – but if the client cannot see it, you have to leave it out. But TRY TO DO IT !).

Get the answer. Concentrate it to a few words. (Example: ‘a happy being who trusted everyone’ – ‘a sad and worried being who was suspicious’).

“Ok. Create Ball and put the ‘happy being who trusted everyone’ in this ball. What color has the ball? - Good. Now create a 2<sup>nd</sup> ball and put the “sad and worried being who was suspicious’ in this 2<sup>nd</sup> ball. What is it’s color?”

Client will give different colors: first ball a light and friendly color – second ball a darker color or grey or black.

“Now concentrate on both of these balls at the same time and look what is happening between them.”

Normally the balls will start to merge right away.

The color of the first ball will take over and ‘purify’ the content of the 2<sup>nd</sup> ball. At the end of this process only one ball will be left with a shiny

bright, often white (golden-white) color.

(White: the Spirit Color, Golden: the Soul color!)

I check if the client does LIKE this ball and its color.

If not yet, there is more merging to happen.

I then ask the client what this ball wants to do. There are two possibilities and I give them to him:

Either the ball merges back into his body and dissolves in his body – or the ball becomes bigger and bigger.

If the ball wants to become bigger and bigger we let the client do that.

“Make it as big as you, now you sit in the ball, now it fills the whole room, the house, the country, the planet – and now it becomes as big as the universe and thinner and thinner and dissolves.

After that I ONLY ASK THE CLIENT HOW HE FEELS NOW – he will feel very good/ very relaxed – and I make a new appointment and THAT’S IT.

After this merging process (any merging process) do not go on with the session, do not start any discussions, just end the session.

Your client should know, that after any merging process he can feel very tired later. This would be normal. It doesn’t have to happen but it can.

This is the end of the process.

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## **Trapped Energy**

I do normally not go for the Trapped Energy in the TIER Process.

In my feel the TIER Process, thoroughly done, is enough.

But if you still want to check for a trapped Energy after the TIER process is done and apply the Process No4 of ROOT HEALING to it – you can do so.

In this case you would do this BEFORE merging the Identity Shift, as **the polarity process needs to be the last handling in the session**. After a polarity process the client has to rebalance himself on a higher level and anything done with him after a merging could have negative impacts!

## What to do if . . .

### **If the client cannot find anything in an incident**

When we are looking at an old incident, the client may first say, that he has no content at all. We establish the time – e.g. long, long back – and the duration – e.g. a thousand years – then we let him go **‘before the incident’- and ‘after the incident’** to help him to better localise it. Then we can already tell him: “put the whole incident, this feeling ‘that there is something there’ even if you don’t know what it is, in a ball and put the ball above your head....

We do the 6 direction process – and probably some more information will now come up and we can go from there.

It is always possible to get SOME information and to build up from there.

You can also prompt the client, like:

- What emotion is in the incident?
- Any picture even if it doesn’t make sense?
- What are you sure it is NOT about ?
- Just imagine something. What comes up?

**If he is really stuck, check again WHEN it was and the DURATION of the incident.**

**If a client says: I am not sure if I am making this all up – assure him that this is ok – whatever he will ‘make up’ has something to do with the real incident – and things will become clearer and clearer by going again and again through the incident.**

**(Between us: we don’t care if he makes it all up. It WILL BE CHARGED and the releasing of charge is the main point in this case).**

## **The importance of the 2<sup>nd</sup> incident**

As described in the ROOT HEALING work book: the first traumatic incident is where the first postulate (fixed decision) is made and where the charge is therefore anchored.

BUT the 2<sup>nd</sup> incident is where it becomes real to the client, that this does happen to him DESPITE the postulate he made and that life is dangerous and that there is nothing he can do about. Now he is really overwhelmed.

If you are working on an incident with your client when he was 18 and where he made a big change in his life – this immediately smells like a 2<sup>nd</sup> incident where he decided, that now it was enough...

Important incidents are seldom when the person is already 18 years old. They happen very very early in life.

In this case (a real case) I did go back and find and fully clean out the the first incident – when he was 4 years old.

But for cleaning out the identity shift (merging the two identities) I took the change that happened in the 2<sup>nd</sup> incident when he was 18 – as it was expressed there in a fuller way.

### **If the client suddenly goes blank and lands in a ‘big positive emptiness’**

If a client is heavy charged (has ‘a lot of case’) he will go backtrack (in earlier lives etc.) more easily but he will run the process less deep and also ‘key out’ more easily.

(Key-out = the opposite of ‘key-in’. This is a way to detach from charge without erasing it.)

In other words: he will not process much, not much work gets done – he just ‘keys out’. And at a later time the same thing will be keyed in again....

He experiences such a relief from a little bit of processing that he ‘escapes on another level’ and feels GREAT.

The reason is simply that he is too much afraid to confront his case. This escaping into the ‘void’, the ‘Positive Emptiness’- can happen at any time and in any process.

It can also happen through **‘Line Charge’**. (Meaning: Discharging on a line – on and on and on). A client can laugh for 10 minutes and still not stop. It can be completely impossible to continue the session, as anything you would say would simply trigger a new wave of laughter.

There is not much you can do in this case. If a client has a big key-out – you have to let him go. Luckily every key-out is at the same time a little bit of real processing (real dis-charge) and with the time the case can

confront more and real work can be done.

## **Regarding the merging of the Identity-Shift**

**If the 2 identities (the 2 poles of a polarity) do not want to merge or if the 2 poles are hesitant to merge**

These are 2 completely different situations.

If the polarity does not want to merge, you have either the wrong polarity or one or both poles are not 'clean'. I will explain this in detail in the Deep PEAT PLUS procedure which will come out soon.

Here it would mean, the incident still has some charge somewhere and you would have to go back and find it and dis-charge it first.

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If a polarity is hesitant to merge – that means: the 2 poles are interested in each other, just hesitant to merge.

So that can take a while and there are MANY ways you can help the client.

Here just a few of them:

- put each pole in a ball and let the ball circle about each other if they want.
- let them go faster and faster if they want
- let them touch each other while circling
- create some energy fingers from one ball and let them go and explore the other ball. Tell them they can retreat at any time.
- let part of one ball go and visit the other ball – and assure this part it can go back any time
- put the two balls in a 3<sup>rd</sup> ball
- let the content of one ball flow out into the 3<sup>rd</sup> ball – let the content

of the other ball flow out to the other side of this 3<sup>rd</sup> ball  
- let the contents move around and slowly mixing in this 3<sup>rd</sup> ball  
Etc. etc. etc.

## **Important to know**

### **Regarding the Timing of the Incident**

If in this lifetime (which is what we will mostly have to deal with in the beginning of ROOT HEALING) we try to be precise – but this does not mean that we need to have exact dates: “When I was about 4 years old, when I went to the 2nd class,” etc. is fine.

If it is before this life-time (which can be true for the GE-Line OR the Spirit-Line OR an incident of the Morphic Field) it can be everything like:

Last lifetime, 5 Generations back, thousands of generations back, 10s of thousands of years back, millions, millions of millions of years back, very very early, before the creation of this universe, before time/ out of time/ when there was no time and no matter, etc.

All what is necessary is, that the client has an idea ‘when it was’ so he can access it.

### **Regarding the duration of the incident**

This too will give the client a better access to the incident - that’s why we ask for it.

It can be anything from a few seconds to days, weeks, months, years – and it can last from “my first day in school up to present time”.

Or in past life incidents it might even last thousands of years. Be aware that if you have an incident before time (above time, etc.) there will be no duration!

## **What the 6-direction process is good for – why it is so vitally important in TIER**

If we let the client go back into the incident, he becomes more and more effect, the deeper he goes into. We BALANCE this by taking him out again in between, so he can regain some havingness (equal causativeness) by now experiencing that he can be cause over this ball which contains all the bad stuff. This alternative processing between past/effect and present/cause in regard of the incident acts like a bore hammer – and shreds the incident to pieces (let it dissolve more and more). (Havingness is explained in the ROOT HEALING work book).

This 6-direction process cannot be overestimated in the help it provides to processing past incidents (or the help to even find them).

There are 1 or 2 in 100 persons who are ‘allergic’ to this process. These are people who are too much in their head to be able to just do something so ‘stupid’ only because they are told to do it.

Try to clear with them why we do it – and to get their acceptance to try it out. If it then does not bring anything – because they are not really DOING it – you have to leave it. It is very seldom. Most people can see/feel the change, have new things coming up during doing it and report that the color or even the shape of the ball has changed...

This process also helps to find new content of an incident and – it can even help us to ‘find the incident’ if there is nothing there to begin with than a slight ‘pressure spot’ or similar.

## **TIER can be used for different purposes**

### **1. Using TIER for solving a problem:**

#### **running it narrative**

If a troubling incident is fully erased, the problem will not be there anymore – unless, during this erasing, an earlier incident comes up.

If an earlier incident comes up – make sure the first incident you looked at (which might be a late incident on the chain of similar incidents) is at least reasonably discharged – then go to the earlier incident.

For resolving 'normal' problems we try not to go earlier and earlier, but to discharge one incident – normally the first incident of this kind of this lifetime and the 2<sup>nd</sup> incident - completely.

As the 2<sup>nd</sup> Incident is normally heavier charged than the first one it might be that he first goes to the first incident in this lifetime and only then remembered the later, heavier charged incident.

To get to the first incident of this life-time you might go through a whole chain of incidents first !

If the client comes up with a past life incident – you have no choice but to go there.

## **2. Using TIER for ‘Spiritual Self Development’:**

**running the whole chain of similar incidents back to the very first incident**

This kind of processing will take some time. I will write on another place more about it. For the moment ask me if you have a specific question.

Sometimes you will get clients where the past lives are so much in re-stimulation already – that there is no other way than going down the chain of incidents with them. They will often go far far back very fast – but run a bit shallow. But this is better than nothing! and with the time they will be a bit less charged and run deeper and closer to present time.

I will later write an addition to this process for this purpose – and also give more information how to find an incident – if the client doesn’t know which incident is connected to a problem.

**Don’t forget: Run some havingness with the client if he needs it.**

Havingness is incredible important and this subject has to be known by everyone processing people.

Low havingness will stop a process from working.

What havingness IS and how it can be restored see in the ROOT HEALING work book.

And see also the file here (Touch and Yawn Exercise):

<https://www.facebook.com/groups/langkawihealers/1566921260187881/>

## Re-Orientation

Sometimes the client goes so deep into an incident, or is somehow 'in another universe' (yes, that is possible...) - and needs to be re-orientated back.

For that you can use:

- look where you are, feel the table, feel the floor beyond your feet, look out of the window, look at the ceiling (acknowledge with 'good' or similar after each command is executed).
- and to be sure you have him back again: What day of the week do we have? What year? Who is president of the united States? Etc.

TIER Traumatic Incident ERasing  
is part of ROOT HEALING

[www.roothealing.org](http://www.roothealing.org)

[www.traumatic-incident-erasing.com](http://www.traumatic-incident-erasing.com)

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Mark

23.1.2016