

ESSAY

My understanding of the principles of Deep Field Relaxation

Looking back at a stretch of time of 56 years I notice that at the age of 15 several questions arose. I wanted to know: “Who am I? Where do I come from? Where do I go to after death? What is behind the phenomena mankind calls 'world' and 'life'? How does my life fit into this pattern if there is one?” From that moment on a ceaseless search for the answers started. My life was being dominated by it. In the course of time I got hold of different philosophical and esoteric writings and teachings of diverse cultures. When I assumed to have found answers they proved dissatisfying after a while and restlessly I carried on searching. As a consequence my existence felt like a heavy burden on me. While living my life with all its events and circumstances I often felt powerless and depressed.

Many times the exchange of views and ideas with friends was a help. At a point of time my attention was drawn to relaxation methods and I trained as a 'relaxation paedagogue'. I became interested in modern brain research and in quantum physics. I went to Reiki Courses and courses about Nonviolent Communication and also trained as a Mediator. I attended 'The School of the Work' with Byron Katie.

Since ten years I have been doing intensive training courses in systemic body therapy. In the course of time reliable *answers* to my existential questions completely organically revealed themselves. Step by step I calmed down and found inner peace. I realized that the brooding over the meaning of life had unnoticedly become a persistent ruler. The more my mind had been chasing after the answers the more desperate and irritated it had got. As a result I was left with depression and powerlessness.

Systemic body therapy focusses on the entire body. It brings forward the experience that “head” and “body” are a unity. As a consequence I gradually started accepting and appreciating my *whole* body. Practising that assisted me in coming down to earth. My 'brooding' was incrementally decreasing. My whirling thoughts came to rest. I could relax and bit by bit I regained vitality and freshness. Over the years the experience of being aware of my entire body became more intensive. At a point of

time I felt my body dissolving into an infinite space and it dawned on me: THAT is who I am. THAT is where I come from. THAT is where I go to. THAT permeates everything. Since then I have been practising going to that infinite space and I was always confirmed that utter peace lies with it. It is comforting. It is reliable. There is

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nothing individual, there is no 'knowledge', there are no boundaries. IT IS ALWAYS PRESENT. It feels safe, natural and trustworthy. Gradually my life has ceased to be a burden and I appreciate it. Gradually a new solid base has been provided. I feel more light-hearted, joyous and self-balanced, honouring everything around me and my life. It is an ongoing process. I am getting better at accepting myself as I am. I am getting better at accepting others as they are. I have found that clarity increases stepwise as well as expansion of consciousness. One of the most joyous experiences, however, is being aware of the ever ongoing process of opening up.

In July last year a course participant told me about Deep Field Relaxation and at once I started listening to the Mind Music: after a short time I felt the **familiar** dissolving of my body and the gliding into that endless peaceful space embracing me gently and carrying me. My mind is calm. I am all gratitude. Again a deep rooted certainty establishes itself that ALL THAT IS IS THAT. There is no name to THAT. There is no *I* and no *myself*. It is pure joy to be in harmony with the boundlessness and its vigour. It is well-being all over.

In October 2011 I attended the course Deep Field Relaxation Intensive with Clif and Galina Sanderson and soon afterwards, in December 2011, the course Deep Field Relaxation 2 with Jean-Luc Paratte. The next course to follow was Deep Field Relaxation Mastercourse in April 1012 with Clif and Galina Sanderson. Each course was inspiring and confirmed my experiences so far.

Our treating each other impressed me because of the easy and natural procedure. What I like best about it is the experience that there is no difference between the practitioner and the client. Both of them go into the Creative Field. Neither practitioner nor client knows what will happen. Each one gives himself to the wisdom of the infinite space. I relaxed into the Field in the role of the client as well as in the role of the practitioner without noticing any difference. I found the roles more or less interchangeable.

It also appeals to me that the client's case history is of no importance. That means to me honouring the other one and his life. If the Creative Field restores harmony and the natural order then it must follow that no person is able to heal another one. In the Creative Field the practitioner as well as the client are being guided likewise. As for the role of the practitioner, he arranges for a pleasant room supporting the relaxation process. He is present in his own calm state of mind. That feels most natural to me.

I started regularly listening to the Mind Music in July last year and ever since my understanding of the principles of life has been growing and it obviously speeds up the process of becoming aware. I enjoy the clarity it brings. Old and tough patterns of thought are gradually fading away. So for instance I am completely at peace with my mother and other relatives by now. My relaxing into the quiet space intensifies as

well as my trusting the process. More cheerfulness is flowing into my life. I enjoy the ever-growing expansion and the changes connected to it. I love being more self-balanced. It feels invigorating. It feels good. It is harmony and well-being. Deep Field Relaxation has become a part of my life.

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DESCRIPTION OF TEN CASES

I Note to begin with

Before I start the first session with a new client in my practice I explain to him/her the procedure to come and point out that breathing slowly and deeply is of great help. I advise him/her to just pay attention to breathing out which should be longer than usually. First I ask him/her to try it out for himself/herself and then we practise it together.

II Description of the ten cases

CASE NUMBER 1

It is a distant healing. The client is Inge, a close relative.

State of health: depressive phases including severe states of anxiety for over fifty years. One and a half years ago acute back pain in the lower section of the backbone accompanied by tremor attacks. A hospital stay for three months in spring 2011

including diverse therapies. The backcomplaint eases to a low level. Since the hospital stay medication for the states of anxiety.

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Sessions: three sessions per week within three weeks running

Observations: Regular phone calls supplied me with information. I noticed that Inge's voice sounded more lively at the beginning of the third week. It became easier to talk to her. She used to describe her anxiety states focusing on every detail, now she was stepwise taking interest in other subjects. Her mood had lifted and her overall condition had stabilised a lot.

According to Inge it was at first difficult for her to listen to the Mind Music. She did not succeed in breathing slowly and deeply. From the second week on, she added, she had got more used to the Mind Music and finally had began liking it. What had most astonished her was the gentle changing of her breathing rhythm. Breathing slowly and deeply had suddenly come to her and she had been taking delight in it.

Furthermore she had found it a lot easier to perform her household chores despite her backcomplaint. Then in the third week, so Inge told me, she had felt safer and calmer and the tremor attacks had not shown up as often as they used to. She had been able to go for longer walks when being accompanied by someone.

Two weeks after the distant healing sessions other relatives reported that Inge's overall condition had improved a great deal and she had started to reestablish contact with friends. She had found the courage to go to her various therapeutic courses and massage treatments all on her own, thereby even taking the bus. She had also taken up going for her favourite walk in the park again without anyone keeping her company. My relatives had the impression that Inge was more self-balanced and confident, more vibrant and cheerful. She had taken fresh interest in life and the ongoings around her.

After I had attended the course Deep Field Relaxation 2 with Jean-Luc Paratte in December 2011, I told Inge about it and offered her to try it out. I suggested a sequence of three distant healing sessions. She agreed and after the first sequence she asked for another one and after that for a third one. I phoned Inge before the very first session, explained the procedure to her and pointed out that it was of great help to breathe slowly and deeply without effort. We practised it together a few times on the phone.

This was something special. It was my first Deep Field Relaxation distant healing session and moreover the client was Inge! So I decided to make myself comfortable for twenty minutes at the fixed dates. I tried to relax. It feels good and natural to glide into the infinite space. However, this undertaking made me more nervous than I had expected. During the first week many thoughts were tumbling in my mind. They were bent on Inge and I asked myself how she was doing. I so wished Deep Field

Relaxation improved her condition. As soon as I was aware of my spinning thoughts I started breathing slowly and paid attention to my breath. Then all of a sudden I found myself pondering on Inge again. That game went on for a while and made me angry

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with myself. I could not relax properly. The first two sessions in the second week passed off in a similar pattern. My thoughts kept wandering: Inge had wished for the second sequence. I was full of gleeful anticipation. Obviously something had been set in motion.

From the last session in the second week on it was easier to relax. My mind calmed down faster. Inge's regular reports on her actual state of health during the three weeks backed up the experiences I had had during the Deep Field Relaxation courses.

The harmony and health restoring process of the Deep Field is apparently finely tuned to the individual existence. Under no circumstances will I be able to predict what is going to be put in motion for me. Therefore I draw the conclusion that that is true for every single being. The client wishes to relax. As for me, the practitioner, I am present and give my best to relax, too. I like the quieting of my mind. It simply feels good. I cannot make anything happen, neither for me nor for anyone else. In so far there cannot be a difference between me or any other lifeform.

The adequate process for Inge had been set in motion so I gradually realized. That was encouraging and it became easier to relax and to trust the process. I felt relieved. In the course of the three weeks I also kept observing that my activity of thinking had obviously no effect on Inge. That was a relief as well.

Inge's health condition continues to stabilise. Sometimes she calls and I am filled in on the current events. Occasionally she mentions that she has been listening to the Mind Music and that she is getting better at coping with her states of anxiety. She is so pleased to go out on her own.

CASE NUMBER 2

Client Michaela

State of health according to the client: waking up in the early morning hours, sleeplessness and extreme spinning of thoughts, worrying. This condition had been worsening for the last seven months, the effect: exhaustion to a high degree.

Sessions in my practice: three sessions within two weeks

Observations: In the first session the client was not able to breathe slowly and deeply. She often moved her head. In the second session the client had a light cough attack shortly after we had started and she asked for being permitted to suck a cough drop.

The irritation of the throat stopped and the client gently started calming down and breathing slowly. She also stopped moving her head, the relaxing process had gradually set in. In the third session the client managed to relax quicker than before

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and after fifteen minutes she fell asleep.

The first session with a new client often made and still makes me feel agitated. My attention is on the client's breathing rhythm and I wonder if they feel comfortable enough. That is most important to me. Diverse ideas concerning the client are emerging. In the second and third session, though, it usually works out a lot better to quieten down. My breathing soothes and flows gently. Inner peace is spreading and the trust in Deep Field Relaxation is growing. The infinite space opens up and it feels safe. It is pure joy to experience the quietness and harmony. I wished I calmed down faster in the first session. Sometimes it works and sometimes it doesn't. It is always a relief when the thought occurs "I am giving my best right here and now".

The first session with this client passed off according to the aforementioned pattern. My attention was on the client with my thoughts considering various aspects around her. I could not relax immediately. In the second session it was much easier to calm down. The cough attack surprisingly did not disturb me. In the third session I almost relaxed at once. Again there was the experience that my activity of thinking quickly reduced itself from the second session on and my trust in the Creative Field was building up.

Each time the client was leaving, she remained completely silent and she seemed to be more content. One time though, she mentioned that she had acquired a liking for the Mind Music and wanted to buy it. After the third session I noticed that the look in her eyes was much clearer and radiant than before.

After three weeks had passed the client called and told me that she had started listening to the Mind Music regularly. She had not woken up in the early morning hours quite as often as usually. She then enjoyed a deep sound sleep, she felt refreshed and invigorated and much better altogether.

CASE NUMBER 3

Client Robert. Robert is a neighbour I am not often in contact with. An emergency situation: severe nose bleed for the first time.

State of health: pale, dizzy spells, severe nose bleed

Session: in the client's flat for about half an hour, just onetime

Procedure: I held the client's head for about half an hour and instructed him to breathe slowly and deeply. I sensed his doubts in the beginning which, however,

disappeared after a while. In between tissues, full of blood, had to be changed. I felt nervous to begin with. I had not even got the Mind Music. Then, to my surprise,

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all went well. I started breathing slowly and deeply and relaxed quickly. I felt gliding into the infinite space with the unwavering trust in the orchestrating power of the Creative Field. There was nothing except that feeling. The client became noticeably calmer. The air was slowly and effortlessly flowing in and out of his lungs. The profuse bleeding was subsiding. Afterwards Robert just said he had been frightened and so much the more had he been amazed that he had suddenly been able to feel inner peace. After that he was calm and strong enough to consult his physician.

This experience supplies evidence that Deep Field Relaxation is also of great help in emergency situations. The slow and deep breathing supported and maintained my deep relaxation. I was sure that Nature would take its course.

CASE NUMBER 4

Client Charlotte

State of health according to the client: tension of the neck area, phases of severe headache with feeling sick and dizzy spells for three years

Sessions in my practice: three sessions within three weeks

Observations: The client appeared to be hectic and moved according to her temper. Her stentorian voice, her bitter countenance and the compressed lips matched that first impression. In the first session it was difficult for her not to move around. After a short while she wanted me to turn off the Mind Music. I offered her to turn down the volume and invited her to have another go. She agreed at last. Her breath was fast and unsteady. After I had moved my hands away she abruptly stood up and wanted to go. Our eyes met for a second and I felt the impulse to suggest proceeding with holding her head for another ten minutes. She hesitated at first but then stayed on and even made a second appointment. In the second session I was allowed to play the Mind Music even a bit louder than before. After a while the client started breathing slower. Her moving around was tapering off. She quietened a bit. After the first twenty minutes of the session had passed she acted as before: she wanted to leave but then agreed to carry on. Two weeks later she phoned and made a third appointment. She behaved in the same way as before except that she wanted me to hold her head for the whole session. When she said good-bye a smile flashed over her face.

It was a real challenge for me to cope with these circumstances especially in the first session. My thoughts were busy and I was concerned about making the client feel

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comfortable. I always set store by that. I gave my best to calm down and breathe slowly and deeply when I faced the next obstacle: the client did not want to listen to the Mind Music. All of a sudden my intention intensified to create the atmosphere in which it is easy to relax. I was very clear that I had to deal with this situation most sensitively. So I made the next attempt to breathe slowly and deeply and it worked. My thoughts were gradually coming to rest and it was possible to keep up my inner balance. In the second and third session I became more and more familiar with the client and it was easy to relax quickly. There was a deep trust in the orchestrating nature of Deep Field Relaxation. IT felt safe.

Five weeks later the client called. Her voice had another tone to it. It sounded much softer. She told me that she had been able to make a clear decision in a difficult situation concerning her career. She felt relieved and more cheerful. Her headache attacks had decreased and when occurring it had been without feeling sick. She had not taken any headache tablets since the last session.

CASE NUMBER 5

Client Frank

State of health according to the client: sleeplessness to various degrees for four years, back pain in the lower part of the backbone to various degrees for two years, exhaustion and weak immune system

Sessions in my practice: three sessions within two weeks

Observations: The client had deep shadows under his eyes and looked pale. The first two sessions were interrupted by short and bad cough attacks although there were no signs of a common cold. On top of that he kept loudly clearing his throat. It was impossible for the client to breathe slowly and deeply, not even for a short phase. In the third session the cough attacks and the clearing of the throat worsened. When I asked him whether he felt comfortable enough he grumpily shrugged his shoulders. It struck me that he shirked from my look.

The client's cough attacks and the clearing of the throat held my attention in the first session. It was difficult to ignore them and my own relaxation did not reach its peak.

In the second session it was possible to handle the situation better. I benefitted from the session before and knew what it felt like to hold a shaking head and to hear the loud sounds of the coughing attacks. I managed well to gently calm down and

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maintain a peaceful state of mind. In the third session, however, my attention was drawn to the client's worsening cough attacks. My thoughts were bent on them. When I became aware of that I started breathing slowly and deeply and tried to relax. When I realized that my thoughts were going back to the client I at once directed my attention to my breathing. That game left me with a feeling of disappointment and anger about myself. After all, I had given my best. That thought comforted me.

I did not notice any crucial changes in the client after the third session. When he left he murmured in his moody manner it was a mystery to him why he had come for the third time. I explained to him once more that an improved condition did not necessarily show up immediately. I have not heard of him since.

CASE NUMBER 6

Client Karla

State of health according to the client: highly stressed preparing for her final exams for three months. At the beginning of the sequence of three sessions: acute cold with persistent cough and earache

Sessions in my practice: three sessions within ten days

Observations: The client was pale, she looked at me bleary-eyed. She was hard of hearing and her coughing sounded dry. In the first session her cough often interrupted her efforts to keep up a steady breathing rhythm. The client sucked a cough drop twice. In the second session two days later the cough attacks were declining. The client managed to breathe slowly and deeply for short phases. In the third session five days later she had recovered a great deal. She seemed to be more vigorous, her complexion was more rosy-tinted. The coughing attacks did not appear. She quickly fell into a slow and deep breathing rhythm

Again I experienced that my trust in the wisdom of the Deep Field was growing with each passing session. At the beginning of the first session my attention was drawn to the client's earache. When I became aware of that I started focusing on my breathing and was able to relax properly. To my surprise I did not even take notice of the client's dry cough. At the beginning of the second session the client told me that her

severe earache had disappeared the very evening of the day she first came. She had been feeling great relief since then. I was pleased and full of gratitude for the beneficence of the Deep Field. The second and third session went off well.

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When leaving after the third session the client stated that she felt cheerful and more self-balanced and confident. I have not heard from her since.

CASE NUMBER 7

Client Hannes

State of health according to the client: phases of sleeplessness because of worrying about his mother who had become a nursing case a year ago. Exhaustion in different degrees. Severe hay fever especially in spring with red and swollen eyes and sneeze attacks.

Sessions in my practice: three sessions within two weeks

Observations: I had the impression that the client was tired and strained but not desperate. He eyed the surroundings attentively. In the first session he kept yawning and restlessly moving around. A slow deep breathing was only every so often possible. The second session passed off in a similar pattern, it was easier for him to lie still, though. When saying good-bye after the second session the client mentioned that he had been sleeping soundly the night before. In the third session the client started yawning again and after twenty minutes he fell asleep. When I had turned off the music he was still sleeping and snoring. I had to wake him. It took him about six minutes to come round.

In the first session I mostly focused on the client's breathing. My attention was not drawn to his movements. In the second and third session I relaxed quickly with the trust that everything was well.

Recently the client called and wanted to know where to buy the Mind Music. He had not really been fond of it at the beginning but now he wished to listen to it. He mentioned that the sound sleeping had not consistently established itself. So much the more was he astonished to find that his hay fever had waned a great deal. He felt relieved and the day-to-day life was in every respect much easier to cope with.

CASE NUMBER 8

Client Maike

State of health according to the client: avolition, depression to various degrees, brooding and worrying, bruxism for four years, acute jaw pain

Sessions in my practice: three sessions within three weeks

Observations: The client was pale, she looked slightly absent-minded. She gave me the impression of being shy and spoke in a low voice. Already in the first session it took the client only a few minutes to slow her breathing down until it became slow and deep. The second session passed in a similar pattern. At the end she told me that it had occurred to her right at the very beginning to count while breathing in and out. Therefore, she surmised, she had not been able to relax properly. At the beginning of the third session I reminded her of just paying attention to the breathing out which should be longer than normally. We practised it again as we did in the first session. At the end of this session she affirmed not to have counted. I did not note any change after the third session. When leaving she nearly bashfully looked to the ground as before.

Being with this client I relaxed quickly in the first session. The following two sessions resembled the first one. To my surprise, the fact that nothing noticeable had been set in motion after the third session did not make me feel uneasy and disappointed. There was the trust that the Deep Field had an effect in one way or another finely tuned to the person's individuality. I have not had any response from the client up to now.

CASE NUMBER 9

Client Nora

State of health according to the client: mother of two smaller children and of a two-

month-old baby, severe exhaustion especially after the third child

Sessions in my practice: four sessions within three weeks

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Observations: The client looked pale and dark shadows were around her eyes. Her lifeless hair was thin. She appeared to be nervous and extremely strained. Every now and then her underlip trembled. In the first session the client was hardly able to breathe slowly and deeply. She often moved around. At the end she confessed that the music made her feel scary. In the second session I offered to turn down the Mind Music but the client declined with thanks. Her breathing did not change. She kept moving around and after ten minutes she burst into tears. I handed her a tissue and just held her head for the next twenty minutes. Her breathing was soothing visibly and in between she heaved sighs of relief. After the session the client said she had not been able to cry for weeks. She felt extremely relieved, as if something had dissipated. In the third session the client managed to calm down quicker than before and her breathing was slow and deep. She hardly moved. After fifteen minutes she started weeping again. It was soft and her body did not shake all that much. I held her head for the next twenty minutes. According to her statement the client again felt a great relief. She wished for a fourth session in three days. When she arrived I immediately had the impression that she looked more relaxed. She walked more upright. Her underlip did not tremble any more. In the fourth session she started breathing slowly and deeply after ten minutes. After that a very soft weeping set in again and the session resembled the third one. At the end the client sat still and looked at me for a while. Then she said something gloomy had been “washed away”. She was grateful and in a confident mood.

The first two sessions were a challenge for a start. I paid attention to the client being comfortable and the activity of my thoughts was accelerating. Meanwhile I was used to this process and I managed to simply accept it. That was a relief. In the second session I soon regained my inner balance in a similar manner after the client had burst into tears. I was grateful and started breathing slowly and deeply. My trust in the orchestrating power of the Deep Field was growing. In the next two sessions I was used to the client and quickly calmed down. It felt good and safe.

The other day the client called and told me that she had a lot more breast milk than before and that she did not have to additionally formula-feed the baby any more. His sleep phases were longer during the nights so that she herself got more sleep. Meanwhile her father had died and much to her surprise she had coped well with the situation. All in all she felt more self-balanced and invigorated and more at ease. She made three more appointments.

Here was more evidence of how the Deep Field restored the natural order in a way no one would have thought of.

CASE NUMBER 10

Client Franziska

State of health according to the client: feeling of being overwhelmed by life situation for ten weeks, feeling of pressure around the heart, dragging pain in the lower arm

Sessions in my practice: three sessions within nine days

Observations: the voice of the client sounded bossy and loud. Her cheeks were of an unhealthy deep red colour. In the first session she was breathing rapidly and started loudly commenting on the difficulties she had breathing slowly. Then she complained about the Mind Music. After twenty minutes she had stomach cramps coming up, wriggled around a while and then insisted on leaving. Hesitatingly she consented to carry on and I held her head for another fifteen minutes. The stomach cramps gradually disappeared completely. She sat there obviously wondering. Then she informed me that two weeks ago these stomach cramps had abruptly appeared and that they had never gone as fast as just now. At the beginning of the second session the client reported that the very evening of the first session the stomach cramps had emerged again accompanied by feeling sick. After she had vomitted she had been able to fall into a sound sleep. The stomach cramps had not appeared up to now. She felt relieved and much better in general. This time she managed to calm down for a longer period of time and her breathing started flowing regularly. She did not comment on anything. In the third session the client told me that the stomach cramps had not turned up. I had the impression she was not as tensed up as before. She tried hard to breathe slowly and deeply and after a while it worked well. At the end of the third session she wanted to know where to buy the Mind Music. She wanted to listen to it at home. Her voice sounded milder.

Again I was confronted with a difficult situation. Again the activity of my thinking was accelerating in the first session. Then the thought "I am giving the best I can" occurred to me and I managed to accept everything right there and then. I quietened quickly. In the second and third session I was used to the client and I found it easy to relax. I just trusted the process of Deep Field Relaxation. Having these experiences feels invigorating and each time I enjoy the unfolding of my trust. It is fascinating. It enriches my life.

Ten days ago the client called and made a new appointment. She mentioned that the

pain in her lower arm had decreased. Another fact surprised her most. She had had psoriasis at the hairline behind the left ear for years. The area it used to cover had now reduced itself by more than half.

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III Looking back

It is a pleasure while practising Deep Field Relaxation to be present, to just BE with the client. It feels most natural to relax during the session. It is a relief to know that I cannot make anything happen.

I have realized while experiencing Deep Field Relaxation so far that there is a reliable effect to the process. The effects in particular are different, according to the individual conditions, and they are unpredictable. Furthermore I realize that my expectations and wishes concerning the results are gradually declining and I find myself taking it more and more calmly if there are no noticeable results right then. I notice a shift in my focus. There is more emphasis on watching the process in general by now and it is pure bliss to be aware of my growing awareness. I feel freer and more open-minded in every respect if I do not expect results. The more I practise Deep Field Relaxation the bigger my trust in the power of the health restoring harmony of the Deep Field becomes. It is life-giving to feel the never-ending unfolding of consciousness.