

Dearest Friends,

Hope you are all well and enjoying the summer. We have just returned from our summer timeout and are ready to serve you in any way we can.

Nikos Kazantzakis writes that, "Everything in this world has a hidden meaning. . . .People, animals, trees, stars, they are all hieroglyphics. . . .When we see them, we do not understand them; we think they are really only people, animals, trees, stars. It is only years later. . . that some of us understand." After all these years of study and striving, I discover that each

day, each moment shapes our lives as running water shapes a stone. I find daily life my school of the great mystery that passes understanding. Sure I make plans and appointments and have a diary full of commitments yet all there is this moment. Sharing this with you fills me with immense gratitude. I look forward to catching up with you all soon. Hoping that many of you will be able to make it to the **EFT Masterclass 2009** in

Manchester on the 10th and 11th October 2009- this year the focus is on innovation the evolution of Energy Therapies and it

promises to be an inspiring event.

To find out more:

<http://www.eftmasterclass2009.co.uk/>

"Men go forth to wonder at the heights of mountains, the huge waves of the sea, the broad flow of the rivers, the vast compass of the ocean, the courses of the stars, and they pass by themselves without wondering."

St Augustine, Confessions Book X, chapter 8

"The significant problems we face in life cannot be solved at the same level of thinking we were at when we created them." Albert Einstein.

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• Workshops Events etc. Attached

Many of you have asked me but what is the evidence for EFT (Emotional Freedom Techniques). The informative article below should answer many of your queries. It is from my sister; **Dr Rangana Choudhuri**, she has a PhD from Oxford University in Biochemistry & Molecular Biology and has worked in the Medical field for over 15 years. Currently she runs 2 businesses: **Vitality Leadership** – aimed at helping organizations implement strategies to enable transformational sales and profit

growth And **Deeper Life Coaching** – aimed at helping individuals transform their life, health, career, finances and relationships for the better.

She is a highly qualified EFT & NLP Practitioner. She gets to core issues rapidly and helps her clients create effective life transforming solutions.



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THE EVIDENCE FOR EFT By Dr Rangana Choudhuri

Positive emotions have a positive effect on our cells and internal make-up

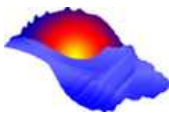
Evidence for energy medicine like EFT is based on ground-breaking work from Dr Candace Pert and Dr Deepak Chopra. Research has shown that when we suppress our emotions, our DNA mutates and these mutations can then lead to disease.

Conversely, when we welcome and free our negative emotions, our body, mind and spirit naturally heal on its own accord. Emotional healing like EFT can help us to gain freedom from our emotions, creating a foundation for health, healing and vitality.

Dr Candace Pert, Research Professor at Georgetown University School of Medicine Washington DC, demonstrated that the mind is not confined to the brain. Instead, the mind is a "flow of information" moving between all cells, organs and systems of the body. This in turn implies the body is not separate from the mind – rather, the body is the mind.

Furthermore, research has shown that within the body is a class of tiny proteins called **neuropeptides**, which are responsible for our emotions. These neuropeptides are found within the body and the nervous system where they regulate our mood, behaviour and our health. In other words, emotions and neuropeptides influence the





bodymind and are critical to our health, vitality and well being.

A study conducted by the **Heartmath Institute** (www.heartmath.org) demonstrated that when study participants evoked strong positive emotions like love and appreciation, their DNA unwound and increased in length. When these same individuals experienced strong negative emotions, their DNA became shorter. In some cases their DNA codes were terminated. Interestingly, this process was reversed when the individuals switched back to experiencing strong positive emotions. This shows that as our emotions change, so does our DNA.

Dr Bruce Lipton, author of "the Biology of Belief" expounded on this concept of changing our DNA with our emotions. In his book he described the process by which we can change our DNA and hence cells. In conclusion, by changing our beliefs, we can change our genetic make-up and live the life we want.

Energy treatment VS CBT

Dr Feinstein conducted a study over a 5.5 year period with 500 patients with anxiety disorders (www.energypsychologyinteractive.com). The study compared an energy treatment that used acupressure points with cognitive behaviour therapy (CBT). After the study, Dr Feinstein's team concluded that the acupressure point treatment was more effective than CBT in improving the patients' condition as well as demonstrating remission of symptoms.

Use of EFT on phobias

Steve Wells published a controlled study in 2003 in the Journal of Clinical Psychology on the use of EFT on phobias. The study participants had been clinically diagnosed as having phobias to small animals such as bats, spiders, rats and snakes. The participants received one 30 minute explanation of EFT and one session. After the session, all subjects experienced a dramatic drop in fear which was measured by questionnaires, pulse rate and walking towards the animal they feared. The study also found that after 6 months the subjects had a much lower phobia reaction to the animal they feared.

Conclusion

There is a body of evidence for energy medicine and its positive effects on people, cells and DNA. Science

aside, the best way to convince people about the benefits of energy medicine is to give them a direct experience.

As I came from a scientific background, I was very sceptical of energy medicine. I only "converted" when I experienced my own transformation. So try it out for yourself and as Gary says "try it on everything"!

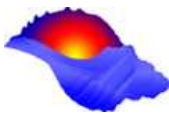
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What The Bleep Do We Know? 2005 DVD

After writing the article above my sister went to a workshop with **Dawson Church**. Dawson is a licensed Energy Psychology practitioner who has written extensively on the amazing effects of energy therapies on DNA that can yield fast and radical cures. He is the author of Genie in your Genes, and is the motivating force behind many of the recent research studies supporting EFT. Publisher, writer, researcher and explorer at the leading edge of science, health and human consciousness, he brings energy, enthusiasm and clear thinking to EFT. He strives to find answers to the much-asked question "how does it work?" and "what is happening when we use tapping techniques?"

Here are some of her key scientific insights from the meeting:

- Your DNA is not your DESTINY – Identical twins with the same genetic code presented with very different health profiles - one was very healthy whilst the other had dementia, incontinence and a degenerative disorder. Identical twins can have the same genetic code at three years and after 50 years their genomes can be very different.
- Energy Medicine is not a new phenomenon – the first evidence for energy medicine dates back 5,300 years in the form of acupuncture point tattoos on a mummy discovered in Western Europe with osteoporosis. The tattoos corresponded to those used to treat osteoporosis.
- Doctors are aware of energy medicine – medical professionals already use energy medicine in the form of ultrasound, MRIs, EKGs and ECG.
- Being nurtured at an early age is critical to good health – a study of 17,400 subjects showed that



lack of nurturing from parents resulted in disease. The more abuse a child experiences the greater the problem in adult life. These effects may be reversed with the use of energy medicine.

- Stress increases cortisol levels – increased stress levels can increase cortisol which can result in chronic health problems, for example heart disease.
- **EFT can lower cortisol in the body – after EFT treatment cortisol levels in the body dropped by 21% versus CBT (cognitive behaviour treatment) and no treatment where cortisol dropped by 14%.**
- Brain scans show that EFT can reduce anxiety – patients with severe anxiety disorder shifted from highly dysfunctional brain scans to completely normal radio frequencies after 12 sessions of EFT.
- EFT proven effective on pain and cravings – a recent study in peer-review demonstrated that EFT significantly ($p < 0.01$) reduces pain, intensity of traumatic memories and cravings by 68%, 83% and 86% respectively.
- the latest [veteran study](#) at <http://www.stressproject.org/> shows EFT reduces PTSD (post traumatic stress disorder) symptoms – a recent observational study on patients with PTSD found that after six sessions of EFT, anxiety and depression decreased by 46% and 49% respectively ($p < 0.001$). These gains were maintained after 90 days as well.

I hope you have found these insights that prove the credibility of EFT useful.

A full list of references can be found in Genie in your Genes, available from [Cygnum Review](#).

Focus on Natural Remedies: Sage

The botanical name Salvia is from the Latin for "to save or to heal," as in the word "salvation." The Arabs associated sage with immortality. The praise for sage is not unfounded: It is often used as an herbal remedy for afflictions including gas, bloating, infection, poor appetite and excessive sweating.



Uses for Sage:

People have been cooking with sage for thousands of years. Like most culinary herbs, sage is thought to be a digestive aid and appetite stimulant. You can use it to reduce gas in the intestines and, as it also is antispasmodic, to relieve abdominal cramps and bloating.

Sage contains phytosterols, reported to

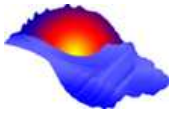
have a cooling action. In one study, using an infusion of the leaf reduced sweating by as much as half. Early and modern herbals list sage as a treatment for bright red, abundant uterine bleeding and for cramps that feel worse with heat applications and better with cold applications. You may also use sage to stop breast-milk production when weaning a child from breast-feeding.

The properties that help dry up milk, as well as sage's reported cooling action, also make it useful for treating diarrhoea, colds, and excessive perspiration. It may be of value for menopausal hot flashes accompanied by profuse perspiration. Sage can dry up phlegm, and you can gargle with the tea to treat coughs and tonsil or throat infections. *(One of my clients swears by sage tea as an effective solution for hot flashes, I use sage tea for healing gum inflammation, it makes a great mouthwash)*

The essential oil of sage contains alpha- and beta-thujone, camphor, and cineole, which are antioxidant and antimicrobial agents. The volatile oils in sage kill bacteria, making the herb useful for all types of bacterial infections.

To make sage tea, I get a handful of fresh sage leaves put it in a teapot and add boiling water, I like to let it brew for 20 minutes and then drink it or use it as a mouthwash...easy!

The article below is from Astrid Kauffmann. For those of you interested in Jin Shin Jyutsu and Energy Medicine: I really recommend checking out [Astrid's JSJ Blog page](#) it is full of useful insight and her beautiful paintings. She wrote the article below as a consequence of all this swine flu business. She has started giving self help classes in Spain. To contact her email astridstar@hotmail.com



<http://jsj-holds.blogspot.com/2009/07/jin-shin-jyutsu-cleans-house.html>

Tuesday, 14 July 2009

Jin Shin Jyutsu CLEANS HOUSE

Applying Jin Shin Jyutsu Holds to your body is like cleaning house. When the house is clean, everything can work more easily. The two largest functions of every part of your human body are to 1. Take in (good) fuel (oxygen, water and food) and 2. To get rid of waste to maintain the balance of

HOMEOSTASIS in the body. If you put garbage into your system (and it's amazing how much

garbage the body can take before it starts breaking down and really 'giving' problems) then there comes a point where the body just can't get rid of the garbage anymore and it starts accumulating. The garbage collectors go on strike and I need not say any more....

I am happy to say, though, that Jin Shin Jyutsu not only cleans house, but also helps us in the process of listening to the body's needs and changing our attitudes towards what we

put into our bodies. This takes some time, as we have got to the point where we continue to ignore what the body is telling us. How many times have I come across someone who is diagnosed with a 'project'. They are given drugs, and do not change their lifestyle habits. The drug is a real double edged sword because it eases (read: masks, covers) the symptoms but does not heal the cause. It gives me great joy to see that more and more of us are starting to take responsibility for our health. Conventional medicine has been really helpful to a certain point, but now it's time to start thinking for ourselves, it's time to start listening to ourselves, it's time to start empowering ourselves, it's time to start taking back control of our health for ourselves.

For me, this is the joy of Jin Shin Jyutsu. This is what I share in the self help classes, and it is inspiring to see people's faces light up in recognition of what they

already have, and what they can do to KNOW (HELP) themselves.

Jin Shin Jyutsu is SIMPLY the Getting to KNOW (Help) MYSELF. Exhale to unload dirt, dust, grease and grime. Inhale to receive an abundance of pure, fresh energy.

- Mary Burmeister, Master of Jin Shin Jyutsu

Acupuncture is an alternative that works for back pain

(Source: The Times, May 27, 2009).

It's official – alternative medicine works. Acupuncture helps relieve lower back pain and should be recommended by doctors, says the UK's official body that decides on best healthcare options.

This is the first time that an alternative therapy will be offered on the UK's free National Health Service (NHS). It is being recommended by the National Institute for Health and Clinical Excellence (Nice), which determines the drugs and therapies that are available on the NHS. Its clinical and public health director Peter Littlejohns says: "As with many interventions the underlying process of how acupuncture works is still not completely clear, but I think the evidence still shows that on balance patients do better."

The NHS spends around UK£1.6bn a year treating lower back pain, partly spent on tests and treatments that have little or no benefit. It's estimated that offering acupuncture will add only £77,000 to the total. Acupuncture will be offered to any patient who has suffered from persistent non-specific lower back pain for at least six weeks.

If you want to try Acupuncture I recommend Maria Went. If you are squeamish about needles you may want to try either Jin Shin Jyutsu or EFT, I have seen both reduce the stress of lower back pain. One acupuncturist colleague described Jin Shin Jyutsu to me as the "Grandfather of Acupuncture".

Homeopathic remedy approved to treat sprains 20 May 2009

The homeopathic remedy Arnica has been officially recognised as a successful remedy for treating sprains and bruises.

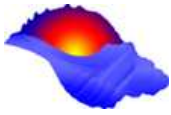
The Medicines and Healthcare Products Regulatory Agency (MHPR) has registered the product, which means that the manufacturer can now make claims for its effectiveness.

Arnica 30c, manufactured by Nelsons, is the first homeopathic remedy to be recognised without going



Original Artwork
by Astrid Kauffmann

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through clinical trials. Since 1971, homeopathic products have not been allowed to make any health claim without proper evidence. But new rules, introduced in 2006, allow a manufacturer to make health claims for a product provided there is a tradition for its use in the UK, and it is for the treatment only of minor problems.

This is great news and shows that despite the huge resistance to complementary healthcare conventional medicine is beginning to give, just a millimetre. Arnica 30c, manufactured by Nelsons is available in Boots and Sainsbury's!

A 2008 study at William Beaumont Hospital in Royal Oak demonstrated the power of visualisation for the treatment of interstitial cystitis. Fifteen women visualised for 25 minutes, twice a day, for a total of 8 weeks, where they pictured healing the bladder, relaxing the pelvic-floor muscles and quietening the nerves involved. Fifteen women in a control group rested during these times so that the scientists could compare visualisation vs. non-visualisation.

After the 8 weeks, the women who visualised had significantly reduced symptoms and pain than those who didn't.

A 2008 study published in the Journal for the Society of Integrative Oncology demonstrated that visualisation reduced the risk of reoccurrence of breast cancer. The study involved 34 women who participated in an 8-week imagery program. It found that the women who visualised had reduced stress and improved quality of life. It also found that cortisol rhythm, which is an indicator of the probability of the reoccurrence of cancer, was improved and thus the likelihood of cancer returning was reduced.

Visualisation even affects wound healing, which was shown in a 2007 study at Southeastern Louisiana University School of Nursing, involving 24 patients undergoing surgery to remove their gallbladders. The study found that, not only did visualisation reduce levels of anxiety and stress hormone levels but those who used it had much lower levels of surgical wound erythema, which is redness around a wound that's usually associated with infection or inflammation. In effect, visualisation speeds up the healing of our wounds. More on www.drdauidhamilton.com

I have been using creative visualisation for the last 15 years or more as part of my self awareness journey and in my practice. I cannot recommend it highly enough.

An amazing Meditation Resource

I am often asked about meditation, for those of you interested in trying Meditation and are connected to the internet you can listen to some great free meditations at http://www.soundstrue.com/guide/meditation/#state_list_page

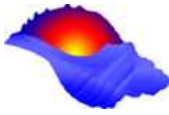
Sounds True recently launched a section of their site which is their Guide to Meditation, designed for people who have heard about meditation but don't know where to begin. The site features 21 free streaming audio

How your mind can heal your body, more reason to imagine, dream and visualise...If you haven't read David Hamilton's "How your mind can heal your body" and are interested in this area, it is worth a read. Below is an excerpt from David Hamilton's book.

"Meditation changes the brain. A study of meditators using the Buddhist "insight" meditation was conducted at Massachusetts General Hospital in 2005. It showed that the meditation had increased the thickness of the prefrontal cortex of the brain-the area that controls concentration, free will and compassion. When visualising we are also changing the microscopic structure of the brain. Visualization is not a subjective thing, an inert mish-mash of images to make you feel good, but a process that causes real chemical and structural changes in the brain. With visualisation, almost immediately, mind changes matter.

Changing Energy...

Visualization has been successfully utilized for many years to fight cancer in the body. Dr. Bernie Siegel is perhaps the most well-known proponent of its use. His classic best-seller, Love, Medicine, and Miracles, recounts stories of his cancer patients who have triumphed over their illness by using the power of their minds. There are numerous accounts of people who have had "spontaneous" healing, such as having their cancer shrink or even "disappear" on x-rays taken after invoking prayer or visualization techniques. Though medically "unexplainable," these accounts are, nevertheless, real. With hypnosis, visualization techniques can be made even more powerful because they are presented directly to the subconscious mind, which is the agent of change.



meditations from many of Sounds True's teachers including Shinzen Young, Adyashanti, Jack Kornfield, Pema Chodron, and more. These 21 meditations are divided into five categories, Enjoy:

To Calm the Mind and Open to Awareness:

- * 1: Observing the Breath
- * 2: Meditation for Relaxation
- * 3: Mantra Meditation
- * 4: Centering Prayer
- * 5: Meditation on Harmony
- * 6: Sufi Meditation
- * 7: Walking Meditation
- * 8: Meditation for Pain Relief

To Soften and Nourish the Heart:

- * 9: Metta— Meditation
- * 10: Tonglen— Meditation
- * 11: Forgiveness Meditation

On the Energy of the Body:

- * 12: Chakra Meditation
- * 13: Standing Meditation
- * 14: Inner-Body Meditation
- * 15: Earth Breathing

For "Just Being":

- * 16: Natural Meditation
- * 17: True Meditation

In Daily Life:

- * 18: Meditation for Busy People
- * 19: Morning Meditation
- * 20: Mini Meditations
- * 21: Eating Meditation

http://www.soundstrue.com/guide/meditation/#state_list_page

On the Funny side – a few words that don't exist but could

1. AQUADEXTRIOUS (ak wa deks'trus) adj. Possessing the ability to turn the bathtub tap on and off with your toes.
2. CARPERPETUATION (kar'pur pet u a shun) n. The act, when vacuuming, of running over a string or a piece of lint at least a dozen times, reaching over and picking it up, examining it, then putting it back down to give the vacuum one more chance.
3. ELBONICS (el bon'iks) n. The actions of two people maneuvering for one armrest in a movie theater.
4. FRUST (frust) n. The small line of debris that refuses to be swept onto the dust pan and keeps backing a person across the room until he finally decides to give up and sweep it under the rug.
5. LACTOMANGULATION (lak' to man gyu lay' shun) n. Manhandling the 'open here' spout on a milk container so badly that one has to resort to the 'illegal' side.

6. PEPIER (peph ee ay') n. The waiter at a fancy restaurant whose sole purpose seems to be walking around asking diners if they want fresh ground pepper.
7. PHONESIA (fo nee' zhuh) n. The affliction of dialing a phone number and forgetting whom you were calling just as they answer.
8. PUPKUS (pup'kus) n. The moist residue left on a window after a dog presses its nose to it.
9. TELECRASTINATION (tel e kras tin ay' shun) n. The act of always letting the phone ring at least twice before you pick it up, even when you're only six inches away.

That's it for now, call us, email us, and stay in touch; we look forward to meeting you soon. Hope you enjoyed the newsletter. Sending you wishes of joy, happiness and infinite peace. Ranjana & Eddie Appoo

Ps. Here are some events to remember:

EFT Support Group (Free) for anyone who has done and AAMET accredited EFT level 1 Workshop

- 2nd August 2009 3pm to 4.30pm
- 6th September 2009 3pm to 4.30pm
- 4th October 2009 3pm to 4.30pm

Cutting the ties that Bind (Free)

- 2nd August 2009 4.30pm-6pm
- 6th September 2009 4.30pm-6pm
- 4th October 2009 3pm to 4.30pm-6pm

EFT Foundations AAMET accredited level 1 Training

Sat. 12th September 2009, 10am to 5.30pm £65

EFT Practitioner Training AAMET accredited level 2

Training Sun. and Mon. 13th and 14th September 2009, 10am to 5.30pm both days £185

EFT (Advanced) Level 3 Practitioner Training Intensive –

AAMET Accredited, NEW dates and syllabus, This is a result of the new AAMET guidelines and also having been asked by so many of you if we could run an intensive Level 3 Training. So here it is for November. More information attached.

More information attached.

14th & 15th November - Shifting Belief Systems, Healing Trauma, Further Approaches

21st & 22nd November - Client Rapport, Working with Critical and Chronic Labels, Experiencing Source

28th & 29th November - Further Explorations in EFT and Mentoring

Jin Shin Jyutsu Self Help Book 1

16th August 2009, 10am to 5.30pm £55

Also look out for our transformational **LIVING WITH DESIRE** workshop in February next year. We will be offering all of you a substantial discount in the next newsletter.