

Dearest Friends,

What a powerful time we seem to be living in. Wherever we go, whoever we speak with it seems like magic is afoot and change is in the air. Are you feeling the same way? For us, the last few months have been amazing. We had very powerful LiberatingTouch 8 days in May. We discovered that [LiberatingTouch](#) is not simply the art of letting go, it is also the art of annihilation. With "seeming"

gentleness it annihilates limiting stories, beliefs, attachments, desires, and long cherished fears. Illuminating each part of us with uncompromising clarity, it exposes not only our shadows but brings to light unimagined power. It can be intense. It truly is not for the hesitant but for those that are ready to make the leap from the mind to the Heart, from fear to love, from the cage of mental reason to divine common sense, from identification with the body mind to Self (God) Realisation. [If you are interested the next introduction weekend is in October \(8th&9th\) and the next 8 day begins on 11.11.11.](#) ☺ *There is a special offer of a £200 discount for those that book by the 10th of August.*



Also this month we will be facilitating a new workshop on Intentional Energy Healing [Loving the](#)

[World, Serving the World, Healing the World](#) Date, July 23 & 24 2011, Cost, £145

More info below, stay in touch and hoping to see you soon ∞ Love & Gratitude, Eddie and Ranjana

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[Loving the World, Serving the World, Healing the World](#)

Scientists today are now beginning to recognize what the mystics from many traditions have been saying for centuries, "We are all connected. We are not separate." It is this connection that allows intentional healing energy

to be shared over long distances. The ancient philosophers believed that we can influence all life around us by our intentions. Imagine cultivating your intentional awareness to such an extent as to bring about positive changes in the world around you.

An interesting study conducted by cardiologist Randolph Byrd in 1988 was designed to determine the effects of prayer (a form of intentional healing) on patients in the Coronary Care Unit at San Francisco General Hospital over a 10-month period. This was a rigidly designed and randomized, double blind experiment. A computer randomly assigned which of the 383 newly admitted patients involved in the study would be prayed-for, and which would not. The statistically significant finding of this study was that prayed- for patients were five times less likely to require antibiotics, and three times less likely to develop pulmonary oedema. None of the prayed-for patients required endotracheal intubation (where a tube is placed in the patient's throat), whereas 12 of the non-prayed for patients required this procedure. This study then led to many more.

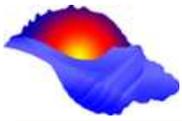
More recently the work of Doctor Emoto (Founder of Hado) and Dr Ihaleakala Hew Len (Hooponopono Guide) has been gaining popularity. They both suggest that through self - responsibility and loving intention we heal the world.

Dr Ihaleakala Hew Len shares, *"What works ultimately, is when I realize that the world is within me, and that to change the world, I have to change it within myself. I have to change whatever is going on in me (my memories), which requires taking 100% responsibility."*

Dr. Masaru Emoto wrote in the Water Ceremony invitation for the radiated waters of Fukushima, *"Over twenty years research of hado measuring and water crystal photographic technology, I have been witnessing that water can turn positive when it receives pure vibration of human prayer no matter how far away it is...Energy formula of Albert Einstein, E=MC2 really means that Energy = number of people and the square of people's consciousness. Now is the time to understand the true meaning. Let us all join the prayer ceremony as fellow citizens of the planet earth...to find a way out the crisis of this planet"*

One of the most common questions we have been asked in our Monthly Support Groups is about Surrogate EFT, Proxy Energy Healing, distance or remote energy work. We will be dedicating a whole weekend on this fascinating area of Intentional Energy Healing. With you we will explore, experiment, and share what has worked best for us over the years. Below are some of the frequently asked questions that we will investigate:

- Does Intentional Energy Healing work?
- How can I help my family, my children, my community?
- Is Intentional healing the same as praying?



- What sort of connection do you need to practice intentional LiberatingTouch for someone i.e. what if you haven't met them before?
- What degree of mental focus does one need?
- What are the limits of surrogate tapping?
- How can I protect myself from other people influencing me?
- And more....

Do email us any other questions that you can think of so we can address them during this very special weekend.

"Be the compassion you are, do what you contentedly can, love every moment and let Truth set you free."

Yet another study to show Homeopathy works

A study found that allergy sufferers who were given homeopathic treatment were ten times more likely to be cured than those given a dummy pill instead. The study put homeopathy to the test in 50 patients suffering from nasal allergies. They were given either a homeopathic preparation or a placebo.

Each day for four weeks patients recruited from general practices and a hospital in London measured their nasal air flow and recorded symptoms such as blocked, runny or itchy nose, sneezing or eye irritation. Both groups reported that they got better - but on average patients who received homeopathy had a 28 per cent improvement in nasal air flow compared with 3 per cent among those in the placebo group.

The study was carried out by doctors in Glasgow, led by Dr David Reilly of the Glasgow Homeopathic Hospital, one of five specialist hospitals in Britain. He said the difference in results from the two treatments was statistically significant.

Dr Reilly said this was the fourth trial carried out by his hospital, all with similar results. In addition, there were positive findings in 70 per cent of a further 180 clinical trials.

'I hope this will encourage doctors to examine the volume of evidence supporting homeopathy - they might be quite surprised at the positive outcome in many trials,' he said. He added that it would take consistent scientific investigation to persuade some doctors, but attitudes were changing. About 20 per cent of doctors in Scotland have basic homeopathic training compared with one per cent 15 years ago.

Read more at: <http://www.dailymail.co.uk/health/article-4040/Homeopathy-works.html#ixzz1Rlq8LB2t>

Since so many of you enjoyed the information about Nuts, here is some more Nutty Good News

Nuts are excellent sources of protein, minerals, "good" monounsaturated fats and other nutrients, and they're good for the heart.

A study conducted by Loma Linda University in California that involved 31,000 people found that eating nuts lowered the risk of heart disease and helped participants to keep their weight down. Other large-scale studies, including the Physician's Health Study, the Iowa Women's Health Study and the Harvard Nurses Health Study, also found that eating nuts lowered heart disease risk. Other studies have shown that nuts help lower bad "LDL" cholesterol.

In fact, in July 2003, the FDA approved the following health claim for nut package labels: *"Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of some nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."*

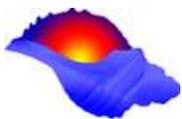
It only takes a small handful of nuts to satisfy hunger (and help you stay full longer), and there are many varieties to choose from. Here are six of the healthiest.



Walnuts

Walnuts are a great source of the healthy omega-3 essential fatty acids, which have been found to protect the heart, promote better cognitive function, and provide anti-inflammatory benefits for asthma, rheumatoid arthritis, eczema and psoriasis. Walnuts also contain the antioxidant compound ellagic acid, which is known to fight cancer and support the immune system. But that's not all. In a study in the August 2003 issue of *Phytochemistry*, researchers identified 16 polyphenols in walnuts, including three new tannins, with antioxidant activity so powerful they described it as "remarkable."

Walnuts are incredibly healthy for the heart. A study in the April 2004 issue of *Circulation* found that when walnuts were substituted for about one-third of the calories supplied by olives and other monounsaturated fats in the Mediterranean diet. Total cholesterol and LDL (bad) cholesterol were reduced. The elasticity of the arteries increased by 64 percent, levels of vascular cell adhesion molecules, which play a major role in the development of atherosclerosis (hardening of the arteries), were reduced too!!



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Almonds



Just a quarter cup of almonds contains nearly 25 percent of your daily need value of the important nutrient magnesium, plus it is rich in potassium, manganese, copper, the antioxidants vitamin E and selenium, and calcium. In fact, a quarter cup of almonds has almost as much calcium as a quarter cup of milk.

They're also great for the colon. Plus, almonds are one of the best nuts for lowering cholesterol because 70 percent of the fat they contain is the healthy monounsaturated variety, which has been shown to help clear arteries.

Cashews

Cashews are lower in fat than most nuts, and 65 percent of this fat is unsaturated fatty acids. Of this, 90 percent is oleic acid, the heart-healthy fat found in olive oil. Plus, cashews are rich in copper, magnesium, zinc, iron and biotin.



Pecans

Pecans are an excellent source of over 19 vitamins and minerals including vitamins E and A, folic acid, calcium, magnesium, copper, phosphorus, potassium, manganese, several B vitamins and zinc. A study from New Mexico State University found that eating 3/4 cup of pecans a day may significantly lower LDL (bad) cholesterol and help to clear the arteries.



Brazil Nuts

These nuts are extremely nutrient-rich and contain protein, copper, niacin, magnesium, fiber, vitamin E and selenium. Selenium is a powerful antioxidant that works to neutralize dangerous free radicals. A study at the University of Illinois even found that the high amounts of selenium in Brazil nuts may help prevent breast cancer.



Macadamia Nuts

These nuts are high in protein, fiber, healthy monounsaturated fats, potassium and magnesium. And, a study done at Hawaii University found that people who

had added macadamia nuts to their diets for just one month had total cholesterol levels of 191, compared to 201 for those eating the typical American diet. The largest change was found in the LDL (bad) cholesterol.

A Little Goes a Long Way

The key with consuming nuts is simply moderation and chew them well. They are highly concentrated in both calories and nutrients, so you only need a small handful at a time. Eating a variety of nuts appears to be the best way to get all the different benefits each nut has to offer.

Conversations and letters

Thank you Catherine for the poem below and thank you [Philip Davis](#) (co creator of the [Picture Tapping Technique](#)) for the info about Tibetan Eye exercises.



Fairness

By Catherine O'Toole-Scott, May 2011

What head dictates life's sweet fate?

Or bitter when we're full of hate

Fair, unfair we take our chance

And join in life's uncertain dance.

The mind, the soul, the heart, some other

Moves us from one belief to another

It's too much bother to really care

We glibly say OK that's fair,

Or doggedly state it's just so unfair

And yet what's fair? What's unfair?

As into tears we stare.

Then we're asked what if this is where?

You are really meant to be?

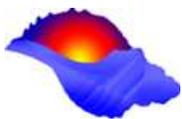
Only then do we start to see

Maybe this is by Gods decree

And then trust his faith in me.

Improving your vision with these simple eye exercises

For generations the people of Tibet have used natural methods to correct visual weakness and improve their eyesight. Chief among the methods employed has been the use of certain exercises which have proved useful over long periods of time. The figure on this chart below was designed by Tibetan Lama Monks to give the necessary corrective exercises and stimulation to the muscles and nerves of the



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optical system. The eye Muscles focus similar to a camera shutter. The purpose of these exercises is to strengthen the eye muscles to improve vision. It has been said that a few minutes practice morning and evening will bring immediate effects and over a period of months a most definite improvement.

Tibetan Eye Chart



This image has been copied from <http://www.wellnesshour.net/images/tibet.jpg>

How to Use the Chart:

The exercises are to be done without eyeglasses or contacts. Do each movement for approximately 30 seconds while in a sitting position, spine straight and do not move the head side to side. Move only the eyes.

- 1.) With the palm of each hand cup both closed eyes to relax them.
- 2.) Then open your eyes, look at the chart and move the eyes clockwise around the outer circle of dots
- 3.) Repeat this movement in a counterclockwise rotation
- 4.) Move the eyes back and forth between the dots at 2 and 8 o'clock
- 5.) Repeat this movement back and forth between dots at 4 and 10 o'clock
- 6.) Blink the eyes briefly and finish the session with the palming same as exercise #1

Repeat exercises as desired being careful to avoid strain. After beginning therapy see if you can have a break from wearing eyeglasses and contacts every now and then. In time these eye crutches may become unnecessary.

The process of repair and the reforming of the curvature of the back of the eye require specific exercise and the increase of the nutrients used by the eye for its repair and maintenance. Like any other muscle the more exercise the more nutrients are needed. So it may be an idea to have more greens, carrots, selenium, Vitamin E and C while doing these.

This exercise reminds of me something my mother taught me to do to help relieve the tension in my eyes during my student days. I found it very useful then. So it was good to see this being circulated. I am also reminded that when Eddie and I first started practicing and receiving Jin Shin Jyutsu, Eddie needed to wear glasses most of the time, now he only needs glasses for night driving. Very impressive, after all these years Jin Shin Jyutsu still blows me away.

Talking about Jin Shin Jyutsu Eddie and I will be organizing our first 5 Day Jin Shin Jyutsu Seminar in Redhill 22-26 October 2011 with [Jill Pasquinelli \(Holden\)](#)



As this is the first time we are doing this we are looking forward to learning loads. (oops!!©) If you are interested the 5 day seminar teaches the awareness of the universal energy flows that maintain our total being in harmony: how to keep the energy flow in balance through the usage of our hands as "jumper cables" whose simple application can remove blockages that keep body, mind and spirit from functioning properly.

[Click here for the registration brochure for the the 5 Day Jin Shin Jyutsu Seminar in October 2011 at Redhill, UK](#) Call us on 01424 427 919 if you would like to know more.

Or perhaps you would like to have weekend of rest

If you are interested in spending a weekend resting, relaxing and recharging while exploring Jin Shin Jyutsu. Then join us on August Bank Holiday for 2 days dedicated to melting tension, unloading stress and restoring harmony in mind, body and spirit. 70% of this weekend is spent lying down, holding areas of the body and getting to KNOW (Help) Myself.



"Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be known." Winnie the Pooh