

Dearest Friends,

Thank you for your letters, emails and phone calls. We have had a wonderful summer and are now looking forward to a “serenely hectic” autumn. ☺ In October we are presenting the EFT and LiberatingTouch Foundations workshop, organizing the 5 Day Jin Shin Jyutsu Seminar and a Special Topic Class presented by Jill Pasquinelli and in November we will be facilitating the 8 Day LiberatingTouch Workshop starting on the 11.11.11 it feels so auspicious. We will also be travelling in December and January to the Far East for workshops, some R&R and family time. So if you need to get in touch or book appointments please do so before the end of October. Oceans of Love and Gratitude, Ranjana and Eddie

Newsletter Contents

- Common Fears
- More Clinical Evidence for EFT
- Focus on Natural Remedies: Calcium
- Vegetarian diet helps protect against common bowel disease
- Focus on Energy Medicine – Four Questions to effortlessly experience Presence with LiberatingTouch
- Conversations and letters:

A poem – Mathew 18 v 3, by **Ann Rushbrooke**

Common Fears

Recent surveys and research results show that most people would rather die than talk in front of a live audience...

Jerry Seinfeld jokes that, *“This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy!”*

Many of us have experienced anxiety when it comes to speaking in public. This doesn't have to be just to a huge audience either, sometimes talking in front of a few people, or on a group conference call can be stressful. The toll that this fear, anxiety and worry takes on our lives and our careers can be massive.

In today's world it seems to be more and more important to clearly and confidently articulate our message, our vision, our ideas...But how do we do that?

The fear just happens... Or does it?
This is just who we are... Or is it?

Can we really be free? Over the last 20 years, Eddie and I have freed ourselves from so many fears and the stress that comes with it, that we are now partial to the benefits of living a life that that is free of fear. One can go so far as to say we are passionate about it!! That is why we do what we do. Here's a list of common fears, just in case you thought you were alone.

1. Fear of public speaking (Glossophobia)
2. Fear of death (Necrophobia)
3. Fear of spiders (Arachnophobia)
4. Fear of darkness (Achluphobia)
5. Fear of heights (Acrophobia)
6. Fear of people or social situations (Sociophobia)
7. Fear of flying (Aerophobia)
8. Fear of open spaces (Agoraphobia)
9. Fear of thunder and lightning (Brontophobia)
10. Fear of confined spaces (Claustrophobia)

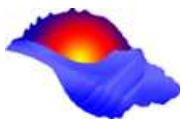
What if you could effortlessly overcome your fears... Can EFT or LiberatingTouch help you? There are hundreds of anecdotal stories on www.eftuniverse.com free manuals are available at: www.emotionalhealthcentre.com

“I am not going to live in the dark just because I do not understand electricity. I have no idea how cars work and i love driving. Similarly not having evidence or comprehension of the power of our own energetic capacity to heal does not prevent me from benefiting.”

More Clinical Evidence for EFT

The important and long-awaited research article published in the Journal of Nervous & Mental Disease, comparing the effectiveness of EFT and EMDR as treatment for post traumatic stress was published earlier this year: http://journals.lww.com/jonmd/Abstract/2011/06000/A_Controlled_Comparison_of_the_Effectiveness_and.3.aspx

The present study reports on the first ever controlled comparison between eye movement desensitization and reprocessing (EMDR) and emotional freedom techniques (EFT) for posttraumatic stress disorder. A total of 46 participants were randomized to either EMDR (n = 23) or EFT (n = 23). The participants were assessed at baseline and then reassessed after an 8-week waiting period. Two further blind assessments were conducted at posttreatment and 3-months follow-up.



Overall, the results indicated that both interventions produced significant therapeutic gains at post treatment and follow-up in an equal number of sessions. Similar treatment effect sizes were observed in both treatment groups. Regarding clinical significant changes, a slightly higher proportion of patients in the EMDR group produced substantial clinical changes compared with the EFT group. Given the speculative nature of the theoretical basis of EFT, a dismantling study on the active ingredients of EFT should be subject to future research.

EMDR is recommended by NICE guidelines for treatment of PTSD, so this is a very important step in validating the efficacy of EFT in line with current research standards.

Focus on Natural Remedies: Calcium rich foods

We are often asked, "How can I boost my calcium intake?" In our research, we found this wonderful website www.healthaliciousness.com. Contrary to popular belief, many non-dairy foods contain calcium, and pasteurized and homogenized milk actually has relatively a very low amount. For the complete nutritional facts, do check out this great website:

<http://www.healthaliciousness.com/articles/foods-high-in-calcium.php>

Calcium is necessary for the growth and maintenance of strong teeth and bones, nerve signaling, muscle contraction, and secretion of certain hormones and enzymes. A deficiency in calcium can lead to numbness in fingers and toes, muscle cramps, convulsions, lethargy, loss of appetite, and abnormal heart rhythms. The RDA for calcium is 1000mg, below is a list of high calcium foods.

Dried Herbs

Although dried herbs are rarely used in large portions, adding in a few extra pinches to all your sauces, soups, and stews is a great way to get more calcium into your diet. Dried savory tops the list with 2132mg of calcium per 100g serving (213%RDA), that is 85mg (9% RDA) per tablespoon. It is followed by celery seed with 124mg (12%RDA) of calcium per tablespoon, dried thyme with 57mg (6% RDA) per tblsp, dried dill with 53mg (5% RDA) per tblsp, dried marjoram with 40mg (4%RDA) per tblsp, dried rosemary with 38mg (4% RDA) per tblsp, sage, sisymbrium, oregano, spearmint, parsley, poppy seed, chervil and finally dried basil with 21mg of

calcium (2% RDA) per tablespoon.

Cheese

The amount of calcium in cheese depends on type and variety and Parmesan is the highest with 1376mg of calcium per 100g serving (138% RDA), or 386mg (38% RDA) per ounce, and 69mg (7% RDA) per tablespoon. It is followed by Romano with 298mg (30% RDA) of calcium per ounce, Gruyere with 283mg (28% RDA) per ounce, Mozzarella, Swiss, Cheddar, Hard Goat cheese, and finally Provolone with 212mg of calcium (21% RDA) per ounce.

Sesame Seeds

Sesame seeds provide the most calcium when they are roasted or dried with 989mg (99% RDA) of calcium per 100g serving, or 277mg (28%RDA) per ounce, and 88mg (9% RDA) per tablespoon. Sesame Butter (Tahini) provides about half the amount of calcium with 426mg (43%RDA) of calcium per 100g serving, 119mg (12% RDA) per ounce, and 64mg (6% RDA) per tblsp.

Tofu

Tofu is most commonly found in Eastern foods, particularly Chinese food. Fried tofu provides 372mg (37% RDA) of calcium per 100g serving, or 104mg (10%RDA) per ounce, and 48mg (5% RDA) in an average 13 gram piece. Tofu prepared with calcium sulfate can provide much much higher levels.

Almonds



Almonds are a great source of calcium whether dry roasted or made into butter. Almonds will provide 266mg (27% RDA) of calcium per 100g serving, 367mg (37% RDA) per cup, and 74mg (7% RDA) per ounce (~22 Almonds).

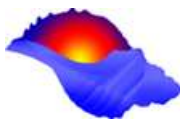
Flax Seeds

Perhaps better known for their omega-3 fats, flax seeds also provide calcium with 255mg (26% RDA) per 100g serving, 428mg (43% RDA) per cup, and 26mg (3% RDA) per tablespoon. However, as milled or whole flax seeds provide calcium but refined flax seed oil provides no calcium whatsoever.



Yogurt, Milk, and Other Dairy Products

Low fat dairy products provide slightly more calcium than full fat. Low fat yogurt provides the most calcium with 183mg (18% RDA) per 100 gram serving, 415mg (42% RDA) per cup. Skim milk provides 306mg (31% RDA) per cup, and whole milk provides 276mg (31% RDA) per cup.



Green Leafy Vegetables (Turnip, Mustard, and Dandelion Greens, Collards, Kale)

Dark leafy greens are a great source of calcium raw or cooked. Raw turnip greens provide the most calcium with 190mg (19% RDA) per 100 gram serving, or 105mg (10% RDA) in a chopped cup. It is followed by Dandelion greens which provide 103mg (10%RDA) per cup, Kale 9% RDA per cup, Mustard Greens 6% RDA per cup, and Collard greens 5% RDA per cup.

Brazil Nuts

Possibly the largest of all nuts, Brazil nuts are a great source of calcium. Brazil nuts provide 160mg (16% RDA) of calcium per 100 gram serving, 213mg (21% RDA) per cup, and 45mg (4% RDA) per ounce (or about 6 nuts).

Vegetarian diet helps protect against common bowel disease

Sourced from www.wddty.com August 11, 2011

A vegetarian diet can help prevent diverticular disease, one of the West's most common bowel disorders.

Vegetarians are around a third less likely to develop the problem than are their meat-eating counterparts, a new study has discovered.

Diverticular disease has been described as a problem of Western civilization because of its high preponderance among people living in Europe and the US. It is thought to be caused by a lack of dietary fibre, and this has been borne out in new research carried out by Oxford University. In a study group of 47,033 generally healthy individuals, the researchers profiled the health of 15,459 vegetarians, and discovered that a vegetarian, high fibre diet resulted in a 30 per cent reduction in the risk of developing the problem.

Participants who ate around 25g of fibre a day – from, among other things, fruits, vegetables, oats and rye – were far less likely to develop diverticular disease than would someone who ate just 14g of fibre daily. The recommended daily allowance (RDA) is 18g of fibre – which may still be too low to prevent the problem. (Source: British Medical Journal, 2011; 343: d4131).

Focus on Energy Medicine...

Using 4 Questions & LiberatingTouch to effortlessly experience Presence

The 4 Questions:

Start by asking yourself these 4 questions: Take your time to note down your answers.

1. What am I experiencing in my BODY? (What is the quality of my physical energy?)

Do I ache? Where do I feel tense? Am I in pain? Do I feel cold/ hot? Can I breathe with awareness and be present to these physical/ body sensations?

2. What am I FEELING? (What is the quality of my emotional energy?)

Am I anxious? Afraid? Angry? Frustrated? Irritated? Annoyed? Sad? Struggling? Scared? Worried? Do I feel bewildered? Confused? Lost? Inferior? Worthy? Valued? Loved? Unloved...

3. What am I THINKING? (What is the quality of my mental energy?)

Are my thoughts about me/ others creating conflict in my life? Who and what do I judge? What do I like? What do I dislike? What are my preferences, opinions, beliefs? How do I experience time?

4. What is happening in this BREATH? (What is the quality of my breath /life force energy?)

Is my breath shallow or deep? Is my breath rapid or evenly spaced? Am I aware of my breath? Does it feel silky or jagged? When I notice my breath do I feel calm or turbulent?

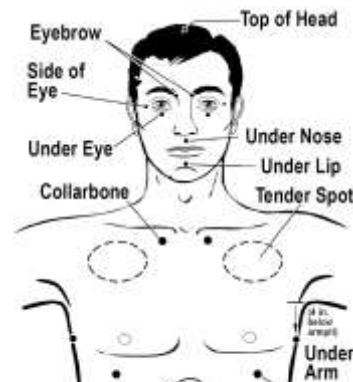
The LiberatingTouch Sequence

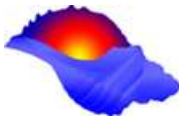
1. Then having paid attention make a note of your observations.

This step is for meeting whatever is showing up. Rub your chest area (Tender area) gently, while articulating your observations...

...and then firmly touch all the energy balancing locations (illustrated) while tuning into the related the body-mind and breath sensations.

For example: This dull ache, annoyance with my parents, shame about my weight, guilt, sadness, worry about my children, time pressure, constriction in my chest, lack of love...and so on.





2. Creating Space (Detachment) around this energy, this experience

Touch the energy balancing locations while repeating the following phrases and feel free to play with these. You may need to do this a few times to receive deep insights and you will know when this step is complete as your breath will deepen and you will feel a sense of calm.

Rub your chest area (Tender area) gently while saying, *this energy, this experience of body, mind, thought and breath, I allow myself space to breathe and simply BE with this now, I allow myself space to breathe and to notice my sensations, emotions, beliefs and connection to Source. I give myself some space to breathe. I allow some space for clarity and understanding.* Then while touching the other points you can repeat the following: *This energy, this experience, sensations, emotions, beliefs and connection to Source, space to breathe, to simply BE, allowing detachment, allowing awareness, allowing truth, calmly observing, meeting all my feelings and thoughts about this with compassion, creating space for release and clarity.*

3. Willingness and Allowing Completion and Integration

Rub your chest area (Tender area) gently, while articulating, *“What would happen if I was willing to experience this? What would happen if I allowed these sensations, emotions, beliefs and connection to Source experiences to complete? How can I realign with the Higher Self (Presence) to understand and transform? What if I allowed myself to be present to this experience without pushing away or being drawn into it? What if I could be in the centre of this and be open with all my heart? What if I let go all resistance and embrace all my fears, doubts and confusion with compassion?”*

Then hold the areas illustrated while repeating, *“I align my vibration with the Higher Self, I accept all my resistance, confusion, disappointment, fears and limitations, I release these to the best of my ability now, I relinquish my fears to the Higher Self, I am willing to allow myself to experience Presence now, I am open to the infinite possibilities of Truth.*

4. Open to BEing Love, Truth, Freedom

Rub your chest area (Tender area) gently, while repeating, *I am open to BEing, open to freedom,*

open to Love, open to Truth, Let this body-mind be flooded with the vibration of light.

Hold the little finger, inhale and exhale, and repeat, *letting go of the weight of all my effort, Allowing All Possibilities Now, Allowing Effortless Transformation*

Hold the ring finger, inhale and exhale, and repeat, *letting go of the deep sadness, releasing tension, stress and body-mind constriction with my breath*

Hold the middle finger, inhale and exhale, and repeat, *letting go of anger and frustration, opening to deep peace now*

Hold the Index finger, inhale and exhale, and repeat, *letting go of my many fears, healing the mind and releasing the power of a creative and courageous heart*

Hold the thumb, inhale and exhale, and repeat, *letting go of anxiety and stress, I am open to new and unexpected insights and inspired action*

Place your fingers in the centre of the palm and once more become aware of your breath, and repeat 3 times, *Open to BEing Love, Truth, Freedom, so it is, it is so* Check in, how are you feeling now? You can do this as many times as you want to experience Presence, possibility and profound love. The aim of this is to develop contentment and constant integrated awareness. More Info about LiberatingTouch is at www.emotionalhealthcentre.com

Mathew 18 v 3

A beautiful poem by Ann Rushbrooke



There is a door,
A child-sized door,
That opens deep within.
There is no fear
Or sorrow there,
No guilt or sense of sin.

There is a door,
A child-sized door,
That opens to a kingdom
Of Joy and Peace
And Miracles
Of Innocence and Freedom

There is a door,
A child-sized door,
Where all who will may enter
Where humble hearts
And tranquil minds
Find Love is at their centre

Hope you enjoyed this newsletter. ☺ R&E