

Dearest Friends,

It's spring, we have cleaned up the garden, planted runner beans and pansies. Am looking forward to walks in the woods among the bluebells. We are at present preparing for the workshops in April, especially the first 5 Day Jin Shin Jyutsu Seminar in Hastings presented by Carlyse Smyth. Have 2 Intro to LiberatingTouch and EFT planned in April and June, and in May we will be running our 8 day, the Art of Letting go, Balance and Self Realisation LiberatingTouch Seminar! And in July we will be India facilitating another 8 day. If you are interested in any of these do let us know soon. Those of you that check the website regularly may have noticed that the charges for individual sessions have gone up. If you have already booked your appointments, the new charges will only apply after the 1st of May. All concessions are also going up by £10. But like before, we continue to accommodate your needs.

We learn that, life teaches us lessons, gives us opportunities to grow, everyone learns at their own pace, you decide how quickly you learn, you choose the pace to digest and comprehend. One can say that when we are at a banquet, the food that is offered to everyone is the same, how a person chooses and enjoys the food, eats and digests is individual, is unique...

The experience and how we choose to experience God, life, creation, the world, food is what defines our individuality, how we hold onto these experiences and the opinions and judgements that arise from our experience is what we use to create our world around us.

The Source is one, the destination is one, the journey is where we experience multiplicity, pleasure, pain, fear, courage, story, here lies our challenge, to walk consciously with awareness, without getting entangled in the drama.

*Thank you for your letters, emails, cards and phone calls. We love hearing from you,
Oceans of Love, Ranjana & Eddie*

Ps. recently there was an article published in the Daily Mail about Emotional Detox (and Ranjana) which may be of interest to some of you, here is the link: <http://www.dailymail.co.uk/femail/article-2123651/Can-heal-broken-heart-24-hours.html>

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Below is a beautiful article by colleague and friend, [Linda Andrews](#), Check out the beautiful jewellery she makes at: <http://www.encharmed.co.uk/>

Change and Transition By Linda Andrews

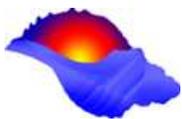
When a small package arrived in the post I opened it in excited anticipation as I expected to find a dozen chrysalises of the Marsh Fritillary Butterfly. When the butterflies emerged I was going to release them onto a piece of common land where we had cleared away scrub for the Devil's-bit Scabious to grow and where, hopefully, they would lay their eggs and set up a breeding colony.



I was stunned to find a mass of hairy black caterpillars! Yuk! They came with instructions that they had to be fed on honeysuckle, which had to be changed every day! I emptied all 150 of them into a large ice cream box containing the honeysuckle and covered the top securely with a piece of net curtain. Each day I transferred them one by one, to a fresh container. I did not enjoy the process until I began to see them as potential butterflies not as hairy black caterpillars.

After a few weeks some of the caterpillars glued themselves to the sides of the container. Eventually their skins split and out came smooth, creamy coloured caterpillars with orange faces! They stood out from the rest. In a day or so the cream caterpillars became hairy black caterpillars again – BUT they had grown.

That's how I feel when I have changes that are difficult to accept. I have that confusing stage where I am in the dark, feel alone and the change is painful. I emerge feeling vulnerable and scared but after a time I grow into



my new skin and see that I have grown through the experience.

The caterpillars went through this process several times before they entered the chrysalis stage where the most amazing transformation took place. Stripped of their body shape, growing long legs and gaining a long tongue instead of chomping jaws, there was a long period of silent and still transition.

When a butterfly slowly emerges from its cocoon of safety and security, it must be allowed to struggle otherwise it would not be able to pump the strength and vitality into its wings. Only then can it fly!

The time that we are still and appear to be doing nothing is often the time when we grow and change the most, even when it doesn't feel like it. Do we dare take the risk to let our real colours show and become something completely new? We are our unique selves and have huge potential. Growth can be painful and confusing, yet if we allow the space and time we will see that it has been change for healing and not for harm.

When I first emerged from my 'chrysalis', my wings were all the colours of the rainbow. I felt free and able to 'fly'. But when other stresses came into my life I felt that my wings shrivelled and lost their colour. No sense of freedom at all and no energy to try to lift my wings again. Now I realise that I have a choice. I can either crawl back into my old cocoon or I can give myself the gift of entering into a *new* cocoon.

This is a quiet, contemplative space where I imagine myself surrounded by God's unconditional love, Presence or Source. Just to **be** there. No fighting or struggling with what is going on around me. All that I can do is surrender and breathe in the colours of the rainbow.

After a time, which could be days or even weeks, I slowly emerge to find I have wings again. Not rainbow ones this time; no flitting around. These are wings that have settled into a peaceful place. Today they are a soft shade of blue, and my butterfly has a little smile.



The Yoga of LiberatingTouch®

As promised here is a little bit more on the Yoga of LiberatingTouch. If you would like to learn more, we invite to join our intro workshops.



YOGA (Sanskrit, Pāli: योग, *yoga*) is

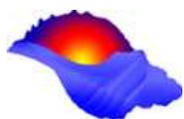
physical, mental and spiritual discipline to

experience Divine Unity and God Realisation.

LiberatingTouch combines the philosophy and essence of the 4 main Yoga paths, Raja Yoga, Jnana Yoga, Karma Yoga and Bhakti Yoga so that one can discover and rest in the dynamic and ever present UNITY of the higher SELF

Below are the 4 paths and their role in LiberatingTouch

1. Raja Yoga also known as the royal path of contemplation, physical and mental control, incorporates Meditation, hatha yoga (physical exercises), pranayama (breath control), astrology, numerology and so much more. It has been discussed in great detail in the Patanjali Yoga Sutras. In LiberatingTouch we use aspects of Raja Yoga, for example the tree meditation, the detachment process and yogic mudras and postures to move and free life force energy.
2. Jnana Yoga also known as the inward path of wisdom and inquiry requires mental clarity, purity of thought, laser like discrimination and discernment. In LiberatingTouch we use the ancient processes of meditative inquiry and unconditional listening to rise above the mind trapped in desire and attachment and engage the divine intellect to experience deep liberating Understanding.
3. Karma Yoga also known as the path of service and inspired action is another important aspect of LiberatingTouch. The use of EFT or Emotional Freedom Techniques, surrogate healing and selfless service comes under this pathway. EFT is an amazing hands on tool we can use in the service of humanity.
4. Bhakti Yoga also known as the path of devotion, humility, surrender and unconditional love is what underlies LiberatingTouch. In LiberatingTouch the use of devotional music, dance and / or Jin Shin Jyutsu (an ancient way of holding the body to access infinite presence) takes us home to place of awe and wholeness.



Focus on Natural Remedies: Aromatherapy – Rose oil

Perhaps no flower is more recognizable and no aroma more evocative than that of the rose. Its rich fragrance has perfumed human history for generations, from ancient Persian gardens, where the rose was probably first cultivated to extravagant

Roman banquets in rooms filled with soft piles of rose petals. The rose is common and unassuming, blooming carefree in a grandmother's rambling, overgrown garden. But the rose can also personify elegance, its velvety blossoms lavish and dignified. The rose symbolizes innocence, love, passion, sympathy, desire, luxury and the ideal aesthetic.

The healing tradition associated with the rose is no less remarkable than its fragrance and beauty. The 17th-century English physician Culpeper wrote that red roses strengthen the heart. He may have been referring to a physical action, but anyone who has inhaled fresh roses or their essential oil knows the aroma strengthens the heart spiritually and emotionally as well. Culpeper attributed other properties to the rose that foreshadowed its current use in aromatherapy and cosmetics. He recommended extract of rose for its cooling and astringent benefits, useful for headache and tired eyes. He also suggested an ointment of roses . . . to cool and heal wheals and other red pimples rising on the face .

Rose oil is used in creams, lotions and soaps for its mild anti-viral and bactericidal properties, as well as for its fragrance. Rose water, recovered from the distillation of rose oil, is mildly astringent and beneficial for cleansing and refreshing dry, sensitive skin.

The difficulty of extracting rose oil from the plant has always caused it to be a very expensive substance. A rose blossom contains only about 0.02% essential oil. It takes about 60,000 roses to produce just 1 ounce of oil, and ten thousand pounds of rose blossoms to produce 1 pound of oil.

Rose is unique among most aromatherapy oils. It's fragrance is perhaps more recognized than its relaxing, soothing and balancing applications in aromatherapy. One whiff and a vision of the flower itself, or perhaps an experience associated with the

flower and its aroma will readily come to mind. I have always had essential rose oil at the ready to remind me of serene fragrant moments, to clear my mind and centre me in present moment awareness. Try it...I have also just discovered [Ila Spa products](#) and the rich fragrance of rose in their face oil and candles is wonderfully nourishing.



The next 2 articles are from one of my favourite sources:
<http://www.wddty.com/>

Exercising just 15 minutes a day adds three years to your life

Exercising for just 15 minutes a day will add three years to your life. The exercise doesn't have to be strenuous – just walking at a reasonable pace is enough, researchers have discovered.

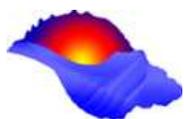
The more you do, the better your chances of living longer, say researchers from the University of Texas. Light exercise carried out for 30 minutes every day can increase life expectancy by four years.

The new 15-minutes-a-day regime is far easier than the previous guidelines, which believed that people needed to do moderate exercise – such as brisk walking – for 21 minutes every day before seeing any positive impact on their health.

For the new study, the researchers screened the health of 416,175 Taiwanese for eight years; of these, 54 per cent carried out less than an hour of any physical activity a week, and were classified as inactive.

Compared to the inactives, those who performed light exercise – such as walking – for 15 minutes a day, or 92 minutes a week, reduced their risk of dying from any cause by 14 per cent. These risks were reduced by four minutes for every additional 15 minutes of exercise up to 100 minutes a day.

<http://www.wddty.com/exercising-just-15-minutes-a-day-adds-three-years-to-your-life.html>



Which Nutrient has the World's Highest ORAC Score?

By now I am sure you know that free radicals (oxidation) are part of everyday life and they are the prime cause of ageing and degeneration of cells. We create free radicals, for instance, every time we eat high sugar foods, breathe, exercise and when we inhale toxins into our body. It is important that you also know that antioxidants are needed to neutralise these free radicals and we can never have too many in our diet. Of course if we eat fresh raw vegetables and dark skinned fruit by the bag full (and every day) we can pretty much keep free radicals in their place but this rarely happens. To enable the best choice and to get the highest amount of antioxidants in our daily intake a rate score was introduced and this is measured by its ORAC Rating (Oxygen Radical Absorbance Capacity). There are many claims that extracts such as Resveratrol and super fruits such as Pomegranates, Acai Berries, Gooseberry (Amla), Mangosteens, Bilberry, Wolfberry/Gogi are all the highest ORAC ratings but here are the top foods taken from the official ORAC chart. Some of the super fruits such as Gogi don't even make the top ten! I loved that curry powder is on the list ;-)

ANTIOXIDANT RANKINGS OF FOODS

As measured by "ORAC" levels ORAC units per 100g

Ecklonia Cava	836,800
Cloves	314,446
Cinnamon	267,536
Oregano(dried)	200,129
Turmeric/Curcumin	159,277
Acai	102,700
Cocoa(dried)	80,933
Resveratrol	79,100
Cumin(seed)	76,800
Maqui Berry(dry)	40,000
Seabuckthorn	70,000
Basil(dried)	67,553
Mangosteen	57,623
Curry(powder)	48,504
Chocolate(bake)	45,000
Sage	32,004
Mustard(seed)	29,257
Ginger(ground)	28,811
Black Pepper	27,618
Rice Bran	24,287

Your Letters:

EFT and miracles by Susan Kennard

I am excited to share this with you.

Whilst running an EFT group locally, I came across a few amazing examples of how powerful and fast EFT is.

Pretty much miracles.

In the group there were approx 7 people. One who had arthritis, one who had pain in her knee, one with pain in her elbow. After a few minutes of EFT (emotional freedom technique) the pain and discomfort had gone. The lady who has arthritis had not been able to move her fingers properly for years. After a few minutes of EFT, she was able to move her fingers and had no pain in her neck and leg, in her words "it just disappeared" She now has much more movement and tells me that for the first time in 3 years, she can open jars without asking her husband.

The lady with the painful knees tells me that she can walk further and has a much reduced restriction in her movement. She has started wearing makeup and feels much more confident in herself as well as in a lot less pain. This lady was told she would always have pain and never be able to walk properly.

I must share with you that recently, I worked with a man with Post Traumatic Stress from war memories. He suffered from flashbacks and terrible guilt. After one session of EFT, he no longer has guilt and sleeps incredibly well. He has no flashbacks and even though he still remembers the war and the incidents, however he feels no emotion associated with them. He had two sessions as he just wanted to iron out a few other things. Since his sessions, he has joined social groups and feels so much more confident in himself. His life is changing fast.



If you would like to know more about Susan and the work she does, contact her on 01424 715631 more info at www.susankennard.co.uk

For your free EFT intro guide

www.emotionalhealthcentre.com

Hope you enjoyed the newsletter, smiles, R & E

"On this Journey of Self Realisation -

Awareness is the key, Detachment is the secret, Love is the cause, Truth is the essence"