

Dearest Friends,

Hope you are all well. We are deeply grateful for your continued support and nourishing wishes. Some of you know that Eddie and i have finally embarked on the project of writing about LiberatingTouch and we invite you to share your stories about LT (LiberatingTouch)☺. Having your input would make this book very special.

In our part of the world, by the English south coast, the days are about to get shorter, cooler and Christmas will soon be on the horizon. Winter seems to always be a good time to remember what matters, so below are some of things we can forget...

*We sometimes forget to go deep into the silence of our inner consciousness, where our Heart blossoms with the flowers of Truth.*

*We sometimes forget Love is greater and more powerful than fear.*

*We sometimes forget letting go of pleasure is as important as letting go of pain. Attachment to either eventually leads to suffering and confusion.*



*We sometimes forget that all joy springs from the heart within us. When we experience joy from happenings, events, places, objects, people, it is our own joyous true nature being reflected back to us.*

*We sometimes forget that we grow in trust in the same way as we grow in wisdom and that trust is not a constant, not a fixed state of being but an ever expanding state of Grace.*

*We sometimes forget that every one of us is an expression of love and truth and there really is no comparison or competition...and we are loved deeply.*

*We sometimes forget that all that is required of us most times is to exhale, let go and show up, to inhale, receive and remember...*

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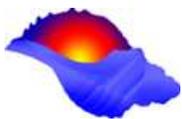
## Latest news:

We have a few places left on our [“Heart of Understanding” LiberatingTouch 8 day Class](#) in November. We also have a few places left on our EFT practitioner training class in December. Please let us know soon if you are interested.

One of things that i love about LiberatingTouch is the clarity that despite having the experience of awakening, a shift in consciousness, of light, love and / or the absolute, in this dream world when our dream head is hit with a dream hammer it dream hurts (AHHHHH)...and we can then dream nurse the bruise, till it dream heals and then somewhere along this dream journey we **realise** it really is a dream (and then we don't know whether to laugh or cry so we end up doing both). So where does that leave us...i believe this work helps us to engage in the dream with conscious awareness, with lightness and openness. For me it is about discarding the veil of ignorance and embracing the mystery of love, of choosing to identify not with the dream but with origins and purpose of the dream and eventually with the One (Presence) that brought the dream into existence. With LiberatingTouch we focus on broadening the mind, its perceptions and illuminating the immense power of the heart.

Eddie and i will also be going up to Alexandra Palace to participate in [Amma's visit](#) to the UK and we will be attending the [5 day JSJ Seminar in Rugby](#) in November with Anita Willoughby. Hope to see some of you at these events.

We will be taking timeout for Christmas and the New Year from the 22<sup>nd</sup> of December 2012 to the 22<sup>nd</sup> of January 2013. If you need to book an intensive or appointments please let us know soon.



Below are 3 Fascinating News articles from [www.wddty.com](http://www.wddty.com), did you know this info is now available in a magazine format on the high street? They do need our support at this time, so do buy a copy if you see one in the shops.

Many of our clients are older mums so this is some good news for them.

## Older mums have natural protection against endometrial cancer

Women who wait to have a baby until they're into their 30s are far less likely to develop endometrial cancer. And the risk gets lower the longer you wait: women who last gave birth in their 40s nearly halved their chances of getting the cancer.

The protection lasts for years, and certainly until the woman is in her late 70s, and against both types of endometrial cancer: type 1 and the rare, and deadly, type 2.

Women who last gave birth aged between 30 and 34 reduced their risk of the cancer by 17 per cent compared to a woman who last gave birth when she was 25. The risk reduces again, to 32 per cent, in women who gave birth between the ages of 35 and 39, and to 44 per cent if the woman gave birth in her 40s.

Researchers at Keck School of Medicine at University of Southern California discovered the natural protection of childbearing when they examined 8,671 cases of endometrial cancer and compared them against 16,562 healthy controls. (Source: *University of Southern California website*).

## Acupuncture does reduce pain – and it's nothing to do with placebo

Acupuncture does work. A major study has confirmed that it eases chronic pain – and it's got nothing to do with the 'placebo effect', or that the benefits are all in the patient's mind. The therapy should be included in the range of pain-control options offered to patients, say the researchers from the Sloan-Kettering Cancer Centre in New York.

They are convinced of acupuncture's effectiveness because of the sheer size of the research they carried out. It involved collating 29 different studies, which involved 17,922 patients who were given acupuncture or 'sham' acupuncture. With sham acupuncture, the needles are either not inserted properly or are put in 'wrong' areas of the body.

The patients given real acupuncture reported a far greater reduction in their pain than did those given sham acupuncture, so demonstrating that it was the actual therapy – and not the placebo effect – that was working. (Source: *Archives of Internal Medicine*, 2012, published ahead of print, September 10, 2012; doi: 10.1001/archinternmed.2012.3654).

## Heart patients must stop taking lethal aspirin immediately, urge researchers

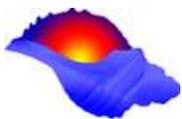
Heart patients are often advised to take aspirin and other NSAID drugs to help ward off another attack... but the advice isn't just wrong, it can actually be lethal. Doctors are being urged to get all their heart patients off the drugs immediately.

Common painkillers in the NSAID (non-steroid anti-inflammatory drugs) family – which include aspirin, ibuprofen and naproxen, as well as prescription drugs such as Celebrex (celecoxib) – can cause a fatal heart attack even years after a person has had a first attack.

"It is important to get the message out to doctors taking care of patients with cardiovascular disease that NSAIDs are harmful," says researcher Anne-Marie Schjerning Olsen from the Copenhagen University Hospital Gentofte in Denmark.

She and her research team made the worrying discovery after they tracked the progress of 100,000 people aged 30 or older who had suffered a first heart attack between 1997 and 2009. Of these, 45 per cent were taken an NSAID, and the drug increased their risk of dying from any cause by 59 per cent in the first year, and by 63 per cent over the following five years. The risk of a second heart attack increased by 30 per cent in the first year, and this rose to 41 per cent over the next five years.

Normally, a heart attack patient's risk of a second attack falls within the first few years, until there is no extra risk after five years or so. (Source: [wddty.com](http://wddty.com))



## Focus on Energy Medicine – Jin Shin Jyutsu

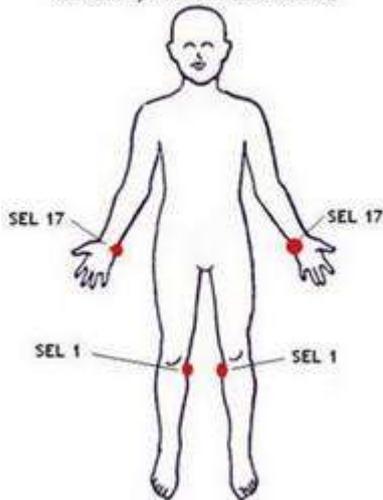
ILLUSTRATED HERE IS A BASIC AND POWERFUL JIN SHIN JYUTSU® SELF-HELP TOOL FOR PANIC OR ANXIETY ATTACKS.

This tip is from Astrid's Jin Shin Jyutsu Blog For those of you interested in Jin Shin Jyutsu and Energy Medicine: I really recommend checking out Astrid's JSJ Website:

[www.flowsforlife.com](http://www.flowsforlife.com) It is full of useful insight. Astrid writes beautifully, "Jin Shin Jyutsu is complete. It encompasses all of our human experience on every level: spiritual, emotional, mental and physical..."

If a panic attack is particularly strong then I would go to SEL 1 on the inside of the knee (see the diagram). SEL 1 is THE place to hold

Jin Shin Jyutsu for Panic Attacks



in emergencies - keeps you BREATHING, and helps ease nausea and vomiting.

**Safety Energy Lock 1 is called The Prime Mover.** It is found on the inside (medial side) of the knees. It connects extreme heights with extreme depths and harmonises us from head to toe because it helps the descending energy (which moves down the front) and the ascending energy (which moves up the back). If you want to change your life, hold SEL 1 every day for an hour.

There is an energy site on the outside of the wrist which is SEL 17 - it came into the universe meaning Reproductive Energy (as in generating new energy). Hold SEL 17 in emergencies to

balance the nervous system. It is great to alleviate anxiety and panic attacks; also good as a smelling salt if you feel faint. SEL 17 is also great instead of that Chocolate need in the middle of the afternoon when one needs a quick energy boost - it's a quick reviver! Also helps with the development of intuition, and alleviates chest congestion.

[If you want to know more we invite you to join one of our Self help weekends.](#)

## Focus on Natural Remedies: Aromatherapy – Frankincense

I have always loved frankincense, fragrant, uplifting and somehow deeply soothing. After i sprained my ankle last year and the relief that frankincense gave me, it is now one of my "must have oils".

Once again i was quite astonished by the amount of research and information that is now available on this most mystical of oils. Frankincense is mentioned in one of the oldest known medical records, Ebers Papyrus, dating from the sixteenth century B.C., and ancient Egyptians listed the oil on hundreds of prescriptions and recipes. Frankincense was valued more than gold during ancient times and only those with great wealth and abundance possessed it. Frankincense essential oil, or *Boswellia carterii*, has been used for centuries for both its spiritual and its medicinal properties. Frankincense was one of the gifts the three wise men brought to Jesus at his birth. (Writing this reminds me that Christmas is only a few months away)

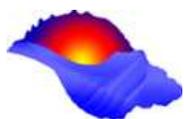
The frankincense tree (genus *Boswellia*) is a small, often shrub-like, perennial that grows in dry, arid conditions. When you cut the tree's bark, a milk-like sap flows out.



This sap forms droplets known as 'tears' or 'pearls' that harden into the orange-brown gum known as frankincense resin. The resin is scraped off the tree for uses that include incense and essential oil. The resin is steam-

distilled to create frankincense essential oil.

Recent research has shown that boswellic acids are responsible for the interference of the inflammation process. Frankincense is now identified as treatment for



conditions such as asthma, rheumatoid arthritis and atopic dermatitis. Jennie Harding in the Essential Oils Handbook writes: "Frankincense is non-toxic, non-irritating and non-sensitizing, so it is safe for all skin types." Below are the most common beneficial uses that I am aware of through personal and shared experience.

- Helps build emotional strength
- It has a positive and calming effect on the mind and body.
- Strengthens the immune system
- Heals scars: its regeneration properties help to diminish spots and scars.
- Eases muscular pain: It is especially beneficial for patients suffering from rheumatism

## Letters and Conversations:

### Shopping Tips!! NOT!!

Hopefully you are not trying these ideas out...

Thank you Daniel for sending this forwarded email to me – I am not sure if it is real or true in any way... It did make me laugh though, so had to share... My favourite is number 7, which is yours?

*After I retired, my wife insisted that I accompany her on her trips to Target. Unfortunately, like most men, I found shopping boring and preferred to get in and get out. Equally unfortunate, my wife is like most women - she loves to browse. Yesterday my dear wife received the following letter from the local Target.*

*Dear Mrs. Samuel,*

*Over the past six months, your husband has caused quite a commotion in our store. We cannot tolerate this behaviour and have been forced to ban both of you from the store.. Our complaints against your husband, Mr. Samuel, are listed below and are documented by our video surveillance cameras.*

*1. June 15: Took 24 boxes of condoms and randomly put them in other people's carts when they weren't looking.*

*2. July 2: Set all the alarm clocks in House wares to go off at 5-minute intervals.*

*3. July 7: He made a trail of tomato juice on the floor leading to the women's restroom.*

*4. July 19: Walked up to an employee and told her in an official voice, 'Code3 in House wares. Get on it right away'. This caused the employee to leave her assigned station and receive a reprimand from her Supervisor that in turn resulted with a union grievance, causing management to lose time and costing the company money.*

*5. August 4: Went to the Service Desk and tried to put a bag of M&Ms on layaway.*

*6. August 14: Moved a 'CAUTION - WET FLOOR' sign to a carpeted area.*

*7. August 15: Set up a tent in the camping department and told the children shoppers he'd invite them in only if they would bring pillows and blankets from the bedding department to which twenty children obliged.*

*8. August 23: When a clerk asked if they could help him he began crying and screamed, 'Why can't you people just leave me alone?' EMTs were called.*

*9. September 4: Looked right into the security camera and used it as a mirror while he picked his nose.*

*10. September 10: While handling guns in the hunting department, he asked the clerk where the antidepressants were.*

*11. October 3: Darted around the store suspiciously while loudly humming the 'Mission Impossible' theme.*

*12. October 6: in the auto department, he practiced his 'Madonna look' by using different sizes of funnels.*

*13. October 18: Hid in a clothing rack and when people browsed through, yelled 'PICK ME! PICK ME!'*

*14. October 21: When an announcement came over the loud speaker, he assumed a foetal position and screamed 'OH NO! IT'S THOSE VOICES AGAIN!'*

*And last, but not least:*

*15. October 23: Went into a fitting room, shut the door, waited awhile, and then yelled very loudly, 'Hey! There's no toilet paper in here.' One of the clerks passed out.*

That's it for now. Hope you enjoyed the newsletter. Till we meet again, oceans of Love and nectarine joy, Ranjana and Eddie

*Ps. [For those of you that wanted to know about our upcoming workshops, here is the link](#)*