

Dearest Friends,

Thank you for all your good wishes and support in 2012. We are looking forward to sharing 2013 with you through all the ups and downs of this amazing, sometimes unsettling, sometimes delicious, ride called life.

We have been transforming our website www.emotionalhealthcentre.com, in fact Eddie has revamped it from head to toe and so the links you had previously will not work. But we now have a search button on our website so it will be easy to locate whatever you are looking for. Please do check it out and try out the links and let us know if you notice any glitches. (THANK YOU!!)



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Latest news:

We uploaded our first Youtube video!! <https://www.youtube.com/watch?v=8I6xHaUobc> With more in the pipeline, it will be good to hear what you make of it. The Video demonstrates the LiberatingTouch® Daily Practice (28 Day) for Opening to Wholeness and the supporting pdf document is on our website.

“The mind willing to meet itself with understanding is a mind immersed in Truth. And as written in the Bible, John 8:32 Then you will know the truth, and the truth will set you free.”;-)

We hope that some of you will join us for our upcoming workshops. The next Introduction to LiberatingTouch & EFT weekend is on the 9th and 10th of February 2013 and the 8 Day LiberatingTouch (Heart of Understanding) in April. More info is on our website. ;-)

Gratitude Telesummit

Recently [Clara Penner](#) interviewed me on happiness as part of her Gratitude telesummit. The interview will be available online from the 11th of January 2013.

Clara asked me some really good questions like:

1. *How would you define happiness?*
2. *Do you feel happiness is a state of mind or a choice?*
3. *What would be your suggestion to start a new perception and state of mind around happiness?*
4. *How can a person find their own happiness?*
5. *What daily exercise would you suggest to unveil ones happiness?*
6. *What tools would you suggest for an emergency happiness kit when life gets you down?*
7. *How does the attitude of gratitude affect a person's happiness?*
8. *Often we feel responsible for others happiness, what are some suggestions if I feel I am responsible for others happiness?*
9. *If a person is feeling like they hit rock bottom, how can they find hope that they will regain their happiness?*

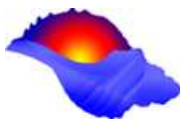
Here are some of my answers:

How would you define happiness?

The interesting thing is as an experience Happiness defies definition. For me authentic happiness is a state of being, it naturally arises when we live in alignment with our highest Truth.

It is important to make the distinction between temporary happiness, the happiness that is reliant on our desires being fulfilled or what I call the “just as soon as happiness” and then there is the deeper, authentic happiness, or the happiness born from inner contentment, the happiness that arises from being aligned with Truth, with the SELF.

Many people confuse elation or the feel good factor of peak experiences with authentic happiness, those highs are passing experiences and what goes up must come down. They are wonderful experiences to have and I do enjoy the buzz elation brings but I do know that my experience of authentic happiness relies on something deeper, more profound, indefinable, fearless..... Often people equate



happiness as having their expectations (desires) met, physical healing, relationship chemistry and / or success in an endeavour, this feels good, but it does pass. My focus is to discover what is it within us that seeks happiness, that recognises happiness, that reflects happiness, that is happiness. What is it that in the midst of the greatest upheaval or tragedy keeps us breathing and can find beauty? What is this Source, this Authentic Happiness?

It is this latter happiness that I am interested in, the authentic happiness that needs nothing to exist. Have you ever seen a newborn smile and then gurgle with laughter, it is naturally joyous, content and in harmony with life. I would define this happiness as a heartfelt openness to all of life, nature and each other. This kind of happiness infuses us with power. Authentic happiness is not reliant on external factors, yet external factors do reveal whether we have this deeper level of contentment or not.

What would be your suggestion to start a new perception and state of mind around happiness?

Ask yourself, why are you unhappy?

Find out what makes you unhappy this will then automatically take you to what you need to harmonise, change, let go of and balance. Happiness is who you are, there is nothing you can do to change that, you just feel disconnected from it because of all the gunk covering your True Nature. Although clouds seem to cover the sun, the sun remains unaffected, it continues to shine, to burn bright.

Investigate your unhappiness and at the same time systematically face your belief systems, fears, traumas, disappointments, shadows, desires and attachments with understanding. If you can do this with dedication be prepared to experience happiness beyond your wildest dreams.

I never thought i could be this happy... I was very unhappy for a long long long time... but now it is difficult for me not to flow into

happiness....I now know that happiness is my natural state, it is who i am... it is who you are.... pure unadulterated joy.

Crazy isn't it how we fight this!!

What daily exercise would you suggest to unveil ones happiness?

This is different for every person and no one way works for everyone. You have to find this key for yourself. I can only speak about what has worked for me and for those i have had the good fortune to work with.

One of the powerful LiberatingTouch exercises that is good to experiment with is – Look into the mirror every day, look into your eyes and ask yourself the following questions

What if i could see this reflection with the eyes of Love today?

What if i could see me through the eyes of awe, with pure gratitude?

What if today i could appreciate me absolutely just for this moment?

What if i could let go of all my judgements and really really looked into these eyes, can i find the joy of understanding?

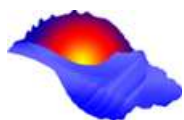
Inhale, exhale and begin your day.

(If you can do this process while engaging the EFT points or various LiberatingTouch Energy Balancing Locations it will enhance this exercise, you can find these areas illustrated in the free guides to LiberatingTouch and EFT on our website www.emotionalhealthcentre.com)



Here is another exercise which also works well – Place your fingers in the centre of the palm and simply repeat within

yourself “I AM” (this is a very ancient meditation that can have very powerful results) Notice how the mind wants to fill the space after the “I AM” with words, emotion, story, identification. Let them all pass until all you are left with is “I AM”. This may take some time, the important thing is to breathe and repeat the “I AM” and become the witness. At first



do this for no more than 3 minutes, once you get the hang of it you may want to do it for longer. Some of our clients do this for 20 minutes. How long you do it for is not important. To derive benefit (bliss) from this simple practical exercise it is important to sit comfortably.

Clara has also interviewed other fabulous speakers as part of this event and you can access the full interview and more using the 1\$ month trial offer...click on the link for [more info](#)

“In every human being the desire arises at a certain time to know, “Who am I?” by sitting with “I AM” the answer can spontaneously arise to the surface from an open heart, destroying all conditioned identification and illuminating the mind”

Focus on Self-Healing with Exercise –

Eddie and I are often asked how we stay fit, what kind of exercises we practise. So this year we will focus on sharing some exercises that you might find really useful and beneficial. Movement and stretching is vital to good health. We recommend exercising the body at least once a day. The body relies on us using it. And using all of it. Again there are no fixed must do's. 5 minutes is better than no

minutes. Each body is unique and needs some form of movement. If we are sedentary most of the time then we need to make an effort to stretch the body some of the time.

Below is a link to **useful Qigong Exercises known as Lajin**

http://www.paidalajin.com/en/home/m_post.asp?id=206385067370

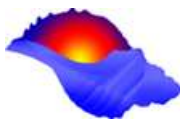
Qigong also known as qi gong, chi kung, chi gong etc., is the ancient Chinese art of cultivating the life-force and the breath through gentle movements done standing or sitting down. Lajin means to stretch and to restore functions of the tendons and ligaments where stagnation has occurred, so as to self heal, restore health and prevent aging.

I have a preference for Lajin in standing position

This can be easily done at home or in the office. It is known to greatly alleviate frozen shoulder and chronic neck and shoulder pain for those who spend long hours hunched at a desk.

Stand in a doorway, raise both arms to hold the doorway on both sides, and stretch your arms as much as possible. Place one foot forward to do a bow step, and place the other foot behind to straighten it as much as possible. Keep your upper body parallel to the doorway, raise your head and keep your eyes looking straight ahead. Maintain this position for 2-7 minutes, and then switch your legs. Try it out and let us know how it feels.





EFT Resources

Recently, we had a few emails from clients feeling overwhelmed by the EFT information available on the World Wide Web. So here are our suggestions that we shared:

Good information about EFT is freely available at www.aamet.org, www.eftuniverse.com, www.eftmastersworldwide.com and the [Vitality Living College](http://www.vitalitylivingcollege.com). For clinical evidence go to

www.vitality-living.com For manifesting rapid change and positive effortless transformation, the 'Emotional Toothbrush series' makes practicing Emotional Freedom Techniques (EFT) fun and easy. And it is free to download.

Excellent EFT Expertise is available at the [EFT Hub](http://www.eft-hub.com) and [The Tapping Insiders Club](http://www.tappinginsidersclub.com)

Focus on Nutrition and Supplementing – The pros and cons

Pros – It is a good idea to supplement one's diet with high quality vitamin and mineral formulas because in this day and age due to intensive farming our food is not as nutritious as it once was.

Cons- There isn't any. The only concern is getting hold of good quality supplements. You may want check that the supplements you buy have not been irradiated and that they are absorbable by the body. We recommend products from Higher Nature, Biocare and Neways. This is an area in which Eddie and I are often quizzed. We believe that to maintain optimum health nutritional supplements, tissue salts and herbs are essential.

Research data on Jin Shin Jyutsu

The Markey Cancer Center at the University of Kentucky offers Jin Shin Jyutsu (JSJ), an ancient form of touch therapy, free to its patients. JSJ practitioner Jennifer Bradley treats patients in a special therapy room or in their chair in the chemotherapy clinic. Research data from more than 450 sessions with 159 cancer patients revealed that all of these patients reported a decrease in stress, pain and nausea levels after JSJ. For more info simply click on the links below:

[https://www.jsjinc.net/ns/ups/web-](https://www.jsjinc.net/ns/ups/web-articles/MarkeyCancerCenterLCF2011Program2.pdf)

[articles/MarkeyCancerCenterLCF2011Program2.pdf](https://www.jsjinc.net/ns/ups/web-articles/MarkeyCancerCenterLCF2011Program2.pdf)

For the Video Link -

https://www.youtube.com/watch?feature=player_embedded&v=99nrmCufq_c

Letters and Conversations:

Now I am the seed by Maria Went



Maria is a skilled and sensitive EFT practitioner and a wonderful Qigong teacher. To book a session with her or to get information about her Qigong classes call her on 07877 008529

Now I am the seed.

All that has passed before is but fertiliser for new growth.

Let there be a time of uninterrupted sleep.

The universe continues to revolve around me.

Under the surface of the earth there is no sun light.

The Fire from the centre expands and warms the hearts of all,

And the medicine of life's water seeps into the soil, giving food to those with no mouth to receive.

Comforted there is no judgement.

Only the arms of mother earth surround me.

Nurturing my Spirit as the centre becomes the reality.

Fed only by the umbilicus of nature's soul, The light pores in.

I have no eyes, yet I see with clarity.

No ears, yet the vibration of life's message penetrates as I am recreated.

There is no inside or outside.

The universe is one and all.

It is the space and the centre.

Complete and incomplete.

The seed and the ancient wisdom in the oneness.

Where and who am I?

I am the Seed, I am the Universe, I am the Breath and the Water, Time and Infinity, Just passing through.

That's it for now. Hope you enjoyed the newsletter.

Till we meet again, oceans of Love and nectarine joy, Ranjana and Eddie

www.emotionalhealthcentre.com