

Dearest Friends,

Thank you for all your emails, calls and cards. Eddie and I are looking forward to a deliciously packed 2015. We wish you a Wondrous, Peaceful, Joyful and Abundant New Year. May Love propel you forward on this journey of Truth. Do keep in touch. We love hearing from you.

A little something from my journal:

"Give up the need for recognition, approval, validation, acceptance if you really want to follow your heart. Acknowledgement will come anyway, but if you chase recognition and its capricious friends you will never really be following your heart."

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Conversation with a friend

Had an interesting conversation with a friend (B) regarding this newsletter and I would like to share it with you here.

B -- Can I get a copy of the January newsletter?

Me -- Sure when I get it done

B -- Soon?

Me -- Maybe, I often have to wait for the inspiration and at the right time it all falls into place. It really is a labour of love, an opportunity to share helpful ideas, tips, inspiration and a little about our work.

B – When did you first start compiling this newsletter?

Me – In 1999, in 2001 (14 years ago) we made it available to everyone. This will be the last year that we continue publishing this newsletter in the format it is now in. When we began compiling this newsletter it was hard to get hold of the information that we are now sharing (it was also news to many), but now,

the internet is full of good websites that provide helpful information so we are planning to streamline this newsletter and focus on Spiritual Intelligence and LiberatingTouch. I am also struggling with my present workload and I need to sacrifice the hours I spend on health research and the dissemination of this information. I need to focus and prioritise in order to write our next book. ☺

B – I understand. I struggle to read all the newsletters that pile up in my inbox. Recently I unsubscribed myself from a lot of mailing lists. I like the idea of getting smaller morsels of news from you once every few months. Having said that I always enjoy your newsletters. What if I wanted to read the earlier newsletters?

Me -- You can always visit our website and check out the newsletter archives there is a wealth of information there.

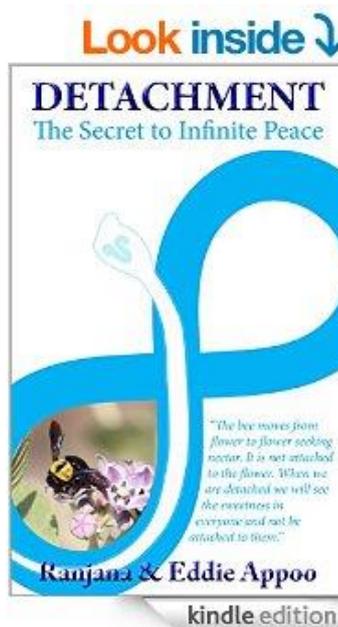
B – So what is the latest...?

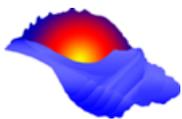
Me – Aha ;-)

We have some good news, we have uploaded our book, "Detachment – The Secret to Infinite Peace" onto Amazon Kindle. So you can now get it from Amazon. Link:

http://www.amazon.co.uk/gp/product/B00QNW1K1W/ref=as_li_tl?ie=UTF8&camp=1634&creative=6738&creativeASIN=B00QNW1K1W&linkCode=as2&tag=emothealcen04-21&linkId=4M3AKNGESEZVZ6DM

We are deeply grateful to those that have taken the time to write a review after getting the book. (Hint hint) <3





Rest and Reconciliation

At the start of every year, I take time to look back at the year/s that have past, the lessons I have learned, where I need to continue working and where I need to focus on during the year ahead. It became very clear for me that in 2015 I needed to make time for rest and reconciliation. Rest for me is a time to sit, be present, daydream and relax in the embrace of unconditional love, to allow deep healing and witness the beauty in all things. To rest in God is to realise God.

The need to engage in the energy of reconciliation arose from the desire to let go of all pressure that I have become attached to over the years. Reconciliation is a way for me to acknowledge my mistakes and the fears that created them. Fear is the reason we make (perceive) mistakes. When we relinquish our fears and align our actions, thinking, with loving kindness, there are no mistakes. I invite you to take some timeout to rest and reconcile what would that mean for you?

Beetroot -- The Benefits

This was emailed to me by my mother, Thank you. Beetroot is not one of my favourite vegetables, but one that I need. Beets are packed full of vitamins and nutrients. Their rich content turns them into a powerfully medicinal food, with various beneficial properties. As early as the Middle Ages, they were used for treatment of digestion and circulatory issues. They are rich in anti-

oxidants, fungicidal and anti-inflammatory agents. Well known as treatment for the gall bladder and gout and even great for reducing cholesterol levels.

Beetroots can help:

1. Arthritis – In moderation, beets help prevent arthritis by dissolving deposits that accumulate around the joints, thanks to the high alkaline contents.

2. Anemia – The high levels of phosphorous, zinc, iodine, copper, calcium and potassium, combined with fat, vitamins (B1, B2, B6, P and niacin) help keep hemoglobin levels high.

3. Inflammation – Thanks to a moderate amount of choline, beetroot helps maintain your muscles, memory, and cognitive functions, as well as help with insomnia. Choline also helps sustain the structure of the cellular membranes and assists in impulse transmissions. Combine it with its ability to absorb fat, beetroot becomes an effective anti-inflammatory.

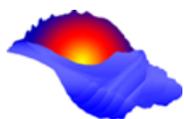
4. Heart disease – Rich, in nitric acid, beetroot helps your blood vessels relax remain dilated, which prevents heart diseases caused by insufficient blood flow.

5. Dementia – A recent study performed in the Wake Forest University confirmed that raw beet juice helps oxygenation in the brain. This helps maintain the brain in a healthy capacity, preventing the onset of dementia.

6. High blood pressure – The nitrate in beetroot gets converted into nitric oxide – a key compound in relaxation and widening of blood vessels. This process is highly beneficial to blood flow and circulation.

7. Arteriosclerosis – Nitric oxide's benefits also help prevent and reduce the risk of arterial diseases like Arteriosclerosis.

8. Diabetes – Alpha-lipoic acid, an antioxidant that lowers glucose levels are abundant in beets. It's effective in reducing stress-induced changes in diabetics.



9. Anti-carcinogenic - The beetroot's distinct colour comes from phytonutrients. These nutrients combat and help with the prevention of cancer. Research has shown that in some cases, beetroot extract was effective in reducing multi-organ tumours. It is believed to be effective in treating breast, prostate, and pancreatic cancers.

10. Low stamina - Raw beet juice helps the muscles to oxygenate, helping us improve exercise tolerance. A regular intake of raw beetroot will help those with metabolic, respiratory and cardiovascular issues which cannot exert themselves to return to regular exercise in a short period.

Workshops: Ageless (Eternal) Beauty And more

Over the next few months we have 4 programs/workshops that may interest you.

The Foundations of LiberatingTouch® & the Fundamentals of EFT Saturday 28th February 2015

Join us for an introduction to LiberatingTouch® which incorporates EFT (Emotional Freedom Techniques), Jin Shin Jyutsu, common sense with explorations in subtle energy, investigations into the way the mind stores suffering and the transformative power of Love and Truth.

- Learn about The 4 main Tenets of LiberatingTouch®

- Discover Unconditional Listening and Meditative Inquiry
- Learn practical exercises to experience detachment – the secret of freedom from suffering
- Experience the power and simplicity of holding the fingers
- Reclaim your power to heal and grow

For more information [click here](#)

Ageless (Eternal) Beauty March 2015

A 4 week web-based program focused on “Ageless (Eternal) Beauty, Weightless (Pure) Mind, Graceful (Elegant) Body, and Living (Breathing) Harmony”

Discover the natural elegance of the body, the exquisite animating life-force, the potential of your mind, the strength of your intuition and the bliss of the SELF using LiberatingTouch. (LiberatingTouch® is an art that can help anyone to progressively experience the reality of Love and Truth; it combines holding areas of the body while simultaneously articulating the inner dialogue with healing awareness)

[Link for those on Facebook](#)

This program will comprise of:

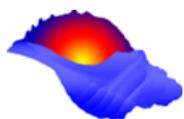
- Weekly group 90 minute video-conference calls (real time attendance of all 4 calls are not necessary, although it will be useful to attend a minimum of 2 of these calls)
- Recordings of all calls will be made available to participants.
- Each participant will also receive a custom designed 90 minute skype session
- Self-help exercises, nutritional tips for each week with follow-up self-help suggestions are also included.

The cost is only £180 (£120 for concessions)

Dates for the Group Video Calls:

Tuesdays 3rd, 10th, 17th and 24th March 2015

If you are interested you need to email me soon. Space for only 9 glorious beings -- Thank you



Jin Shin Jyutsu - Self Help Workshops
Saturday & Sunday 11th and 12th April

A Weekend of Deep Relaxation- Getting to Know (Help) MYSELF
The Art of Living - Self Help Books 1&2, The Trinity Flows & Safety Energy Locks.
£110 for both days - includes course materials refreshments and a light vegetarian lunch.

[To download the brochure for the latest dates and prices click here.](#)

For more information [contact us](#).

LiberatingTouch® 8 Day Class
(The Heart of Understanding)
23rd-30th May 2015



LiberatingTouch® (LT) has been described as the surgery of Love and Truth. If you are interested in exploring practical ways to heal the mind, to liberate it from fear and attachment, and illuminate the immense power within the Heart then this will be a life enhancing week. The only prerequisite for attending is the EFT & LiberatingTouch® Foundations workshop or a 3 hour bespoke phone session -this will help you prepare for the intense journey of Self-discovery. We invite you to join us on this journey of Liberating Consciousness.

The cost for the 8 days is £800 for first time students and £400 for Review Students. When you enrol for the LiberatingTouch® Heart of Understanding 8 day Class you also get 1 year email and phone support and you receive an invitation to join the Mentoring Days. Booking is essential as places are limited. For more information [click here](#)

Reflections: Liberating H'oponopono

Eddie and I are often asked, "In the face of challenging situations how can I stay centred?" We have several techniques that we use; the most popular technique with our students is the infinity exercise which is detailed at the link below and in our book.

<http://emotionalhealthcentre.com/ltdetachprocess.html>

One of my favourite ways of working with insurmountable challenging situations, or intense pain is a Sequence that I have labelled as "Liberating Ho'oponopono". It is a potent combination of forgiveness (based on the Hawaiian healing process of Ho'oponopono) and surrender. This combo invites us to ask our challenge to forgive us (whether it is the body, a person or situation) and for us to affirm our love and gratitude for its fundamental (sometimes hidden) goodness. We then surrender to Love and Truth, thereby aligning with its omniscient and ever expansive power.

So here is the sequence:

Repeat the following phrase while holding your fingers one at a time and tuning into your challenge:

- "I'm sorry, forgive me"
- "I love you, eternal thank you"
- "I surrender to Love."
- "I surrender to Truth."
- "Truth Awareness Bliss"

I will make a video for this sequence soon and post it on our blog www.appoo.co.uk (I sing it ;-)

Forgiveness and surrender are two profoundly effective ways to disarm the mind and reveal the infinite power of the Heart.

That's it for now. Hope you found the newsletter insightful. Love and Joy, R&E

*Ps. We invite you to join our group [Liberating Consciousness](#) on **Facebook**.*