

Dearest Friends,

Summer is here and our garden is bright with flowers and filled with the music of birds and happy bees. Eddie and I are getting ready for our first trip down under. We have a jam packed few months (filled with all manner of deliciousness). In July we are heading out to Bali as Guest Practitioners at the beautiful

Four Seasons Jimbaran Bay, link below:

(http://www.fourseasons.com/jimbaranbay/spa/visiting_practitioners/ranjana_and_eddie_apoo/) and from there onto Australia

(Queensland). In Queensland we will be available for Jin Shin Jyutsu and LiberatingTouch sessions in Townsville

(29th July) and Noosa (7th August). In Brisbane, [Reeta Raivadera](#) has organised a Satsang

(25th July) and space for our [Liberating Yoga Class](#) (Sunday 26th July) that we will be facilitating alongside International Spa Guru [Luisa Anderson](#).

(Thank you Reeta) Our main event will be on Magnetic Island, "[Detachment: The Secret to Infinite Peace](#)" (Flyers attached – Thank you [Gayle Fichera](#) for organising this). Amazing right!! Then on our return, in August we have a [Jin Shin Jyutsu Self Help weekend](#) for those that want to spend a weekend relaxing, healing and embracing the innate wisdom in their hands (22nd and 23rd August). In September (Sunday 13th) we have a LiberatingTouch foundations day. October is packed with Intensives and our Ageless Beauty Web Series.... Now to take a deep breath and exhale.... So easy to hyperventilate (ha ha)

Nothing in the whole wide world can prevent love blossoming in your heart once you discover that the seed of joy exists and has been planted within you.

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The New

LiberatingTouch®

Logo

Some of you have noticed that we now have a new LiberatingTouch logo, for those of you that have not seen it yet, here it is:

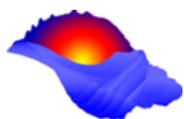
For our Manuals and literature:



As an icon:



I suspect we will continue to tweak it every now and then. It has all the elements in place now.



A Review of May 2015 Heart of Understanding Class (The LiberatingTouch 8 Day)

Eddie and I had so many emails and facebook messages asking us about the 8 day class and I found myself replying with these words, "Amazing, loving, painful, heart opening, mind annihilating, soulful, joyful, inspiring, wondrous..."

Here is a video link with some pictures and all of us singing <https://youtu.be/57-THU6ta4Q>

I believe the best way to share the experience is through the participants eyes. Below is a poem written by Angela Kirk, the May 2015 class was her second class and on the last day she shared the following:

Daily I look into the eyes of love...

*To start with
I see resistance
Disappointment and blame
Mixed with the hope of
Something much greater
So the mirror's right there
And this time
I see the Divine
Not just in me
It's all around
Changing my reality
To a world of wonder
Full of tenderness
And understanding
I'm not alone
The universe is friendly
May this feeling
Last forever
Thank you God...*

Angela is a beautiful healer whose touch is quite extraordinary, to find out more about her work:

<http://www.angelashealingheart.com/>

Here is another one of her poems that she wrote following a LiberatingTouch session.

Light bulb moments

*On reflection
I meet myself from past to present
Watching the full story
Of my life so far
Exposing all the lies and secrets
Given and received
A tapestry of pain and comfort
That make a soul complete
Whilst sometimes my mind is drawn
To traumas unresolved*

*Or the view finder highlights
Glorious moments- carefree
With a chance remark
That alters everything
Some grace flowing to untangle
All misinformation
Until I see the bigger picture
Or perhaps forget
And with tunnel vision
Blame all circumstances
That make me grow
But slowly I'm enlightened
To what makes it all worthwhile
And I know I'm guided
To see all is well*

Summer Allergies

It's that time of year again, pollen, sunshine, dust, bees, bright flowers and pleasant evenings until you want to itch your eyes out.

Eddie and I had chronic hay fever years ago; we couldn't envisage life without anti-histamines, washing our face every 30 minutes and staying indoors through the summer months.

Now we use LiberatingTouch to infinitise the allergens, release the irritation with EFT (Emotional Freedom Techniques) and use the Jin Shin Jyutsu Spleen flow to strengthen our immune system and help with our sensitivity. We also imbibe the local honey, plenty of summer fruits, and mega doses of vitamin C. It is amazing how it all works.

We still sneeze and have our "sensitive" moments but its great how we can manage this without pharmaceuticals.

Many of you have written in asking about what you can do for those itchy eyes, summer tiredness, and explosive sneezing. Our answer lots and lots, but here is the Jin Shin Jyutsu Spleen Flow that I love:

GENERAL ENERGY REVITALISING FLOW

(Spleen Flow -- Right energy pattern)

Step 1

Place the left hand on the base of spine (coccyx)

Place the right hand on the right inside of heel

Step 2

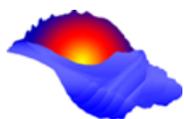
Move the right hand and place it on the left base of rib cage and hold (so it rests across the body)

Step 3

Move the left hand and place it on just above the right breast area

Step 4

Move the left hand and place on the centre of the left collar bone



I love this general revitalising flow (spleen flow). For years I couldn't go out in bright conditions without my sunglasses because my eyes hurt and the headache that followed would last the whole day. In a Jin Shin Jyutsu 5 Day Class I learnt that the spleen flow "helped" with sensitivity of any kind, physical, emotional or mental. So I practised the four steps outlined above every day for about 6 months. The benefits of this became clear when I sat on my sunglasses and broke them, in India on a blisteringly bright day, I couldn't believe it! My eyes adjusted easily and I didn't have a headache, it was amazing. My sensitivity to light transformed for good.

AMAZING HEALTH BENEFITS OF CLOVES



I have just brewed myself a cuppa green tea and thrown in a few cloves for flavour. Thought I would google the benefits of cloves and here are some of my findings from the World Wide Web:

Cloves can ease feelings of indigestion or discomfort as well as rid the stomach of bloated feelings. The properties of this tea apparently relieve flatulence. Drinking this tea can also soothe abdominal cramps. It can also be used it to treat pregnancy-related nausea and morning sickness.

The oils that are present in this tea help to cleanse the body and can be used topically to help heal external wounds. It is also attributed with qualities that can help prevent bacterial infections and can improve dental hygiene by limiting bacteria in the mouth as well. I have used clove oil on myself for toothaches and gum abscesses with good results. It is also wonderful for getting rid of bad breath. Clove anyone?

The Importance of Vitamin D3

I just read an article "Lose weight and take Vit D to reduce cancer risk" on www.wddty.com (The best website for good health information)

Here it is:

Tuesday, June 30, 2015

Losing weight is a great way to reduce inflammation in your body—one of the key contributors to a range of diseases, from arthritis to heart disease to some cancers—but the process can be fast-tracked when you take vitamin D supplements as well. Both strategies on their own can help reduce levels of chronic inflammation, but combining the two is even more effective.

Researchers at the Fred Hutchinson Cancer Research Centre tested the two approaches, and the two combined, on a group of 218 overweight women who had low levels of vitamin D. All of them exercised five days a week for 12 months, and some also took 2000 IUs of vitamin D every day, while the rest were given a placebo, or sugar pill.

At the end of the year, all the participants had reduced their levels of inflammation, but those who also took the vitamin had a 37 per cent reduction in their biological markers for inflammation, known as interleukin-6 (IL-6). Those who had only exercised and taken a placebo saw a 17 per cent reduction in their inflammatory markers.

High levels of IL-6 have been linked to cancers, diabetes, heart disease and even depression. (Source: Cancer Prevention Research, 2015; doi: 10.1158/1940-6207.CAPR-14-0449)

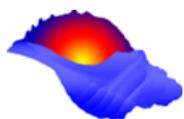
Having read this I thought it valuable to share the following information. It comes from <https://normshealy.com/>, it is an excerpt from the original article, "VITAMIN D 3-The most essential basic supplement" by C. NORMAN SHEALY, M.D., Ph.D.

Vitamin D 3 is crucial for immune competency.

Benefits of adequate D 3:

- Marked reduction in colds and influenza
- Marked reduction in cancer
- Marked reduction in hypertension
- Reduced obesity
- Marked reduction in osteoporosis and fractures
- Improved libido
- Marked reduction in autoimmune diseases like Multiple Sclerosis and psoriasis
- Improved muscle strength and function
- Marked reduction in depression

D 3 as a Steroid



Although it has long been called a vitamin, D 3 is actually a steroid. D 3 is manufactured in the skin exposed to sunlight. It is believed by many that 15 minutes a day of sun exposure of face and hands will allow the production of 400 units of D 3, the RDA of D. Actually many people do not receive even this minute amount of sunlight. Theoretically, if we lived at the equator and wore only a fig leaf, 8 to 10 hours of sun exposure might produce at least 100,000 units of D.

The "hormonal form" of D 3, Calcitriol, is a cell-differentiating factor, antiproliferative agent which influences gene expression, including muscle and keratinocyte differentiation, blood pressure regulation, and the immune response. DHEA, the most prevalent steroid hormone is strikingly influenced by the concentration of D 3 in the blood. DHEA interacts with D 3 to stimulate osteoblastic cell differentiation. D 3 modulates FSH secretion and has a powerful effect upon normal growth and differentiation of the prostate gland. Vitamin D modulates gonadal steroids in human vascular cells in tissue cultures. D 3 also binds to androgen receptors. Finally, in mature adults, optimal D3 increases both length and girth of the penis.

D 3 for IMMUNE STRENGTH

Numerous articles report the almost universal deficiency of D 3 in blood, probably because we spend so little time in the sun and most use sun blockers. Virtually every known cancer is associated with low levels of D 3. Individuals with low D3 also have many more infections. Some authors have recommended a single dose of 600,000 units of D 3 once a year to prevent flu. Upper respiratory infections are INVERSELY related to serum levels of 25-hydroxy D (D 3).

D 3 for SKELETAL INTEGRITY

Osteoporosis is one of the most serious afflictions of aging and is often the cause of death from a hip fracture. Weakness, slowness, exhaustion, weight loss and pain are frequent accompaniments of osteoporosis. Many studies show that D deficiency is significantly associated with osteoporosis and fractures. The drugs for osteoporosis such as Fosamax® frequently produce extremely fragile bone, responsible for spontaneous hip fractures just in walking! D 3 on the other hand helps prevent and treat osteoporosis.

D 3 for Brain and Mind

D 3 is critically important in brain function. Low levels of D are associated with a wide variety of mood disturbances, including depression and Alzheimer's. From autism to anxiety, depression and virtually every mood disorder, low levels of D 3 are virtually always part of the picture.

D 3 for Libido

There are a number of animal studies on the effect of vitamin D on sexuality and at least one human study suggesting delayed sexual development in adolescents who are deficient in D. Interestingly, one study in young men given large dosages of testosterone, the levels of D 3 decreased, perhaps because the androgen receptors were filled with D 3? In my own study of 50,000 units of D 3 daily in 17 men, increased libido and energy were routinely reported.

D 3 FOR HEALTH

The bottom line is clear!! The current intake of D 3 is far below that required for health of body and mind. Two thousand units daily for children until age 12 and a minimum of 50,000 units once a week is essential for those over 12 to 16 and throughout life. Infections, mood disorders, atherosclerosis and cancer would be decreased markedly if individuals took adequate D 3. There is no reported toxicity of D 3 at levels up to 10,000 units daily. At onset of symptoms of flu I recommend 150,000 units of D 3 daily for 3 days. In my own practice hundreds of individuals have taken 50,000 units of D3 daily and I do not recommend it. **HOWEVER, THERE ARE THREE CAVEATS**, if you take that dose:

Never take that dose of D 3 if you have kidney disease. Take no calcium supplements on that dose. Calcium foods and multivitamin/minerals are OK. Check your blood calcium level after 6 weeks, at 3 months, and every 6 months thereafter!

Finally, K 2 is a critical synergistic factor increasing the effectiveness of D 3. K 2 is contraindicated in patients on Coumadin. 100 to 150 micrograms daily should be taken with D 3. Together at least 50,000 units of D 3 each week and K 2 100 mcg daily could improve health and reduce disease more than any other known approach! Indeed there is good evidence that 15 mg of K 2 daily is safe and highly synergistic with the D 3

I've actually run out of space so that's it for now. Was hoping to add in some reflections on Power and Purpose but it can wait till the next newsletter. Hope you found the newsletter insightful. Love and Joy, R&E