

Ageless (ETERNAL) Beauty

A 4 week online program – August 2017

Ageless (ETERNAL) Beauty, Weightless (PURE) Mind, Graceful (LOVING) Body,
Sacred (TOTAL AND COMPLETE) Alignment



- *What if you woke up every morning knowing that you are Ageless (Eternal) Beauty?*
- *What if in any given moment you could experience a weightless (pure) mind?*
- *What if every breath you take is an expression of a graceful (loving) body?*
- *What if you can step into Sacred (Complete) Alignment?*

It is a paradox, the body ages, the mind gets burdened, yet the SELF is ageless, wise and exquisite. The SELF (our very Essence – Truth, Goodness and Beauty) is not limited by time or space. This program is not about reversing the aging process, nor about improving fitness or appearance (although, we have had many such reports from attendees, beauty and health seems to be a natural side effect of this program). This program is about being able to look in the mirror with peaceful awe, to be a witness to the physical transformations that occur, celebrate the vitality within us, and become aware of our intimate connection with nature (creation) and its laws. The body ages and dies, it is our thinking and emotions that play a large part in how we live, how we inhabit the body, and how we use this magnificent organism. When our thinking and emotions align with the wisdom of the SELF, we heal in ways that are beyond logic, we become radiant with Truth, Peace, Self-Responsibility and Love. We discover (radiate) authentic Beauty.

This online program is an invitation to explore the natural grace of the body, the exquisite animating life-force, the potential of your mind, the strength of your intuition and the bliss of the SELF. We will utilise LiberatingTouch® to help us heal and grow in understanding.

(LiberatingTouch® is an art that can help anyone experience the infinite healing capacity of Love and Truth. As a technique it involves holding areas of the body while simultaneously articulating the inner dialogue with intuitive awareness)

The cost is £260 (£220 for reviewers and concessions) this will include:

- Weekly group 90 minute video-conference call (real time attendance of all 4 calls are not necessary, although it will be useful to attend a minimum of 2 of these calls)
- Audio recordings of all calls will be made available to participants.
- Each participant will also receive a 60 minute personal skype session (normally worth £110)
- Self-help exercises, nutritional tips for each week, and follow-up self-help suggestions
- A dedicated FB group for posting and keeping in touch beginning one week prior to the program for 5 weeks.

Dates for the Group Video Calls:

All Thursdays in August (3rd, 10th, 17th, 24th and 31st)

- The 90 minute call are scheduled for 10.30am – 12.00pm UK time (beginning 5.30am New York time, 4pm India time, 6.30pm Bali time, 8.30pm Brisbane time)
- All calls will be recorded and made accessible only for those participating.

Brief Details of the weekly calls are as follows:

Week 1: Ageless (Eternal) Beauty – Realise Truth

Together we will investigate ageless beauty. What is the source of beauty? What is it that makes us beautiful? We will also focus on purification, hydration, clearing toxins from the body so that we can live a life of harmony, beauty and grace. What if it is easy to be beautiful, graceful and in harmony with our truest nature?

Week 2: Weightless (Pure) Mind – Know Peace

It is the mind that stores all our judgements about beauty, ugliness, and shame. The mind is the repository of shadows and solutions. Together we will stir the “gunk” of lies to the surface, so that we can sift through the judgements and discover the lightness that is ever present in a purified mind. We will also discuss sugar cravings, sweetness and rest.

Week 3: Graceful (Loving) Body – Practise Self-Responsibility

The body is delicate and yet strong, soft yet tough, capable of sustaining itself under difficult conditions and yet a small thorn can bring tears to the eyes. How can we take care of this body? We will take a closer look at movement, dance and exercise this week. What if the building blocks to a graceful body are Truth, Love, Peace, and Self-Responsibility?

Week 4: Sacred (Complete and Total) Alignment – Embody Love

This week will be focused on opening and sustaining an effortless reality of Harmony, Beauty and Grace. Integrating all that we have learnt and practiced, creating a vision for the future and present. What if you discover that you are ageless (Eternal) beauty, here to enjoy a weightless (Pure) mind, inhabiting a graceful (Loving) body in sacred (Total and Complete) alignment?

If you are interested you need to email Ranjana on emotionalhealthcentre@googlemail.com soon. Only space for 9 glorious participants...