



The Heart of Understanding

The *LiberatingTouch*[®] 8 Day Class

UK Dates and Venue to be confirmed

Presented by Eddie & Ranjana Appoo

Creators of *LiberatingTouch*[®] and founders of the Emotional Health Centre

The Heart of Understanding 8 day Class has been specifically designed for Truth seekers, lovers of eternal wisdom, Spiritual explorers, Energy Psychology enthusiasts, holistic health practitioners, and innovative workshop facilitators. Together we will explore and experiment, witness demonstrations and learn practical ways to heal the mind. Our focus is to liberate the mind from fear and attachment and reveal the healing power of Truth within the Heart. *This Class is intended to be an experiential adventure of Self-awareness and Self-discovery, for regaining your power and Self-confidence, and for opening the doors to Self-Realisation. LiberatingTouch*[®] is a system that combines intense inquiry and healing touch to help you remember the eternal beauty of the SELF.

We invite you to join us. Together we will create space for Constant Integrated Awareness.

Cost: £900 for new students, £700 for Emotional Health Centre students, £450 for review students, please contact us if you require a concession.

When you enrol for this class as a new student you also get 1 year email and phone support. Booking is essential as places are limited.



During these 8 days we will explore

The Origins of *LiberatingTouch*® and its On-going Dynamic Development

The Yoga of *LiberatingTouch*®

Cosmic (Source) Power–The Power of God – Kundalini – The Liberating Power

Exposing the Lie, Awakening Awareness & BEing in your Power

Steps to Reclaim Personal Power

The *LiberatingTouch*® Detachment Process

The 4 main Tenets of *LiberatingTouch*® and their Practical Applications

Truth

Learning from Nature

Responsibility to SELF and others

Meditative Inquiry & Unconditional Listening

Peace

Explore Energy Balancing Locations

Love

How to Formulate a *LiberatingTouch*® Process

Letting go of Limiting Beliefs & Adopting Life Enhancing Beliefs

Reframing and Opening to Shifts in Cognition

Working with Memory & Trauma

The Importance of Embracing the Hurt Inner Child and Healing Memory

Working with Stored Negative Experiences & Generational Pain

The Journey Home

Exploring the Mind - Story, Identification and Transcendence

The Journey from Suffering to Source – From Fear to Love

Understanding the Shadows

Embracing and Learning from the Paradox

What We Resist Persists...

Interweaving Storytelling & Imagery

Parables, Stories, Legends, and Folklore employed in *LiberatingTouch*®

Creating Visualisations and Inner Journeys

Enlightening the Mind

Understanding Desire

Using *LiberatingTouch*®

Working with Health Projects, Addictions, Chronic and Critical Labels

Working with Mental and Emotional Stress, Chronic Anxiety or Depression

The Alchemy of *LiberatingTouch*®

The 4 main stages of Healing, Awakening and Self-Realisation with *LiberatingTouch*®

Email Ranjana and Eddie at emotionalhealthcentre@googlemail.com for info and to register