

## Upcoming Workshops

### The Foundations of LiberatingTouch® & the Fundamentals of EFT

Date: Saturday 15<sup>th</sup> July 2017

10AM to 5.30PM - £90 per Person

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.



### AAMET EFT Training\* (Level 1 & 2)

Dates: 9<sup>th</sup> – 12<sup>th</sup> February 2018

10AM to 5PM £360 per Person

Whether you are a complete novice or ready to become a safe and competent practitioner, these 4 days will give you the skills and help you become an EFT Artist and Practitioner. The course is designed for serious self-help students and therapists who want to use EFT to resolve deep-seated projects with themselves and/or with clients (on a professional basis). You will have opportunities to practice these methods and to discover exciting ways to fulfill your potential.

#### Please call for more information

\*This workshop is run according to the guidelines of the Association for the Advancement of Meridian Energy Therapies (AAMET). These workshops represent the views of the presenter(s). We express our deep gratitude Gary and to all that have contributed to this field.

More information is available at [www.aamet.org](http://www.aamet.org)

## Testimonials

“Someday the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools ...as it is for me.” **Eric Robins, MD**

“My doorman told me that after suffering from weekly and sometimes daily migraines since childhood, he hadn't had a single migraine since the EFT treatment, which was between 5 and 6 years ago. He still doesn't understand what went on in my office, but is thrilled with his relief.” **Dr. Carol Look, LCSW, DCH**

“My background is science and I have worked as a design engineer. The first time I encountered EFT (through Ranjana) I thought it was absolutely bizarre. It was so peculiar that I believed that it would never work and even laughed. My views changed rapidly once I experienced the results. Using it has led me to become more confident and secure about myself with a much more positive attitude. I have used it on many people and most have benefited. In some cases EFT can produce positive life-changing effects in only a few minutes, from the removal of pain to the relief of those day-to-day problems that weigh us down and even to long standing problems of 30 years or more. It always amazes me that something so simple can be so effective.” **Steve Grist, EFT Practitioner**

“Thank you Ranjana for the Saturday's workshop and your enthusiasm, generosity, patience and hospitality. EFT is without a doubt the most amazing tool towards liberation and fulfilment, and I feel like I've only just scratched the very surface of the user manual. It's all very exciting, which is all to do with you, the teacher, and your contagious love for life - thank you.” **Olga Bogdan Hodgson Mother and Therapist**

## Discover Powerful Techniques to Understand and Heal (ALL) Negative Emotions by balancing your **BODY'S ENERGY** System



## LiberatingTouch® & EFT Workshops

With **Ranjana & Eddie Appoo**  
AAMET Trainers

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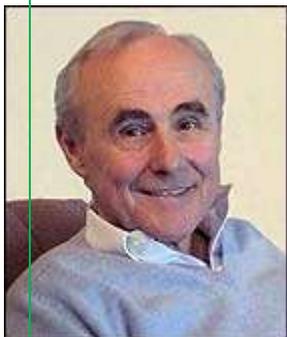
# Addressing the Cause

Based on the ancient principles of acupuncture, EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we heal that disruption. Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often remove the resulting symptoms.

EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.

*"I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes*



*spectacular. It often works where nothing else will."* Gary Craig, Founder of EFT

# LiberatingTouch®

LiberatingTouch®, is a combination of Ancient wisdom, common sense, the energy healing methods practised by ancient cultures (for eg. Yoga, Traditional Chinese Medicine, Jin Shin Jyutsu, Ayurveda) as well as the methods of transformative inquiry developed by the ancient mystics and philosophers. Many ancient cultures and shamanic traditions believe that we all have an "energy body" and that energy flows through this body as rivers of vital life



force. They believed that when this energy flow is out of balance we experience illness, suffering, pain. By combining this understanding of energy with self inquiry, self investigation and self knowledge we can heal the mind and illuminate the immense power of the Heart.

LiberatingTouch® is a dynamic heart centred process that incorporates EFT (Emotional Freedom Techniques), Jin Shin Jyutsu, common sense, explorations in subtle energy, investigations into the way the mind stores suffering and the Transformative Power of Love and Truth. LiberatingTouch® is a way of uncreating suffering, confusion, judgement, pain, fear, lack of confidence, trauma, and the many wounds of the mind, so that you can experience and share Truth, Love, Joy, Beauty, Enthusiasm, Compassion and Peace. LiberatingTouch® enables you to move from patterns of self-destruct to Self-discovery, thereby opening the door to Self-Fulfilment and Self-Realisation.

**LiberatingTouch® is an art that can help anyone to progressively step into their Truth and discover their innate power to heal themselves in all areas of life and realise the magnificence of the SELF.**



# The Possibilities

Extensive application of Energy Psychology (especially EFT) has shown impressive improvements in a wide variety of issues, including those listed below.

## PERSONAL PERFORMANCE

- Abundance
- Weight Loss
- Business and Career Goals
- Self Actualisation

## EMOTIONAL CHALLENGES

- Children's Behavior
- Relationship Issues
- Anger Management
- Depression
- Insomnia
- Severe Trauma (PTSD)
- Addictions
- Sexual Abuse
- Phobias

## PHYSICAL DISEASE

- Allergies
- Migraines
- Pain Management
- Chronic Fatigue Syndrome
- Multiple Chemical Sensitivities
- Hypertension
- Fibromyalgia
- Cancer
- Muscular Dystrophy
- Diabetes

## OTHER

- Animal Healing
- Surrogate Applications