



The *LiberatingTouch*[®] Introductory Guide

Eddie and Ranjana Appoo

A Hands-on Approach to Health, Happiness and Self-Realisation

Disclaimer and Release Agreement

LiberatingTouch[®] is part of an evolving new discipline of treatment techniques and protocols referred to as Energy Therapy. While still considered experimental, these techniques are being used by therapists, nurses, physicians, psychiatrists and lay people worldwide. To date, Energy Therapy Techniques have yielded exceptional results in the treatment of psychological and physical problems. They are NOT, however, meant to replace appropriate medical treatment or mental health therapy. Personally, we have not experienced any adverse side effects when applying these techniques when the treatment protocols and suggestions were followed. This does not mean, however, that you or your clients will not experience or perceive negative side effects. If you use these techniques, download the audios and or try the *LiberatingTouch*[®] Sequences on yourself or others, you must agree to take full responsibility for your own well-being and you are required to advise your clients to do the same. Before beginning any new regimen (e.g. diet, exercise, yoga, martial arts, or *LiberatingTouch*[®]) check with your doctor or primary care physician.

We accept no responsibility or liability whatsoever for the use or misuse of the information and audio downloads provided on the web including, but not limited to, *LiberatingTouch*[®], EFT, Jin Shin Jyutsu, and related activities. By reading (or downloading) this Manual you agree and understand that this Disclaimer is a Release Agreement and is intended to be a complete unconditional release of liability and assumption of risk to the greatest extent permitted by law.

About Eddie and Ranjana Appoo – The Co-creators of *LiberatingTouch*[®]

Ranjana and Eddie Appoo are the authors of ‘Detachment-The Secret to Infinite Peace’. They are the creators of *LiberatingTouch*[®] which is a body-mind healing system focused on Self-Realisation. They are also the Directors of EHC Training, Emotional Health Consultants and Holistic Health Professionals. They are both experts in Emotional Freedom Techniques (EFT), Jin Shin Jyutsu and are AAMET accredited Trainers.

In the last 18 years, Eddie and Ranjana have been exploring and developing processes for health and spiritual regeneration, so that their clients and students can be free to create and embrace the life that would reflect the fullness and potential of who they are.

This vibrant husband and wife team apply innovative approaches that bring about balance, serenity, and effective dynamic shifts. They gauge the level of stress (disharmony) that is stored in the body-mind and then help their clients release this safely, gently and effectively. Their aim is to embrace and understand the client with Healing Touch, Meditative Inquiry and Unconditional Listening.

Eddie and Ranjana attribute all their insights, experiences, inspiration and gifts with deep gratitude to their Spiritual Master, Sri Sathya Sai Baba.

‘Our purpose with LiberatingTouch[®] is to help you Realise the SELF and let THAT guide you to your destiny.’ Ranjana and Eddie



Contents



Introducing <i>LiberatingTouch</i> ®	3
What is <i>LiberatingTouch</i> ®?.....	3
The 4 Main Tenets at the Core of <i>LiberatingTouch</i> ®	4
The origins of <i>LiberatingTouch</i> ® and its ongoing dynamic development.....	5
The How to of <i>LiberatingTouch</i> ®	5
Jin Shin Jyutsu	6
The Fundamentals of (EFT) Emotional Freedom Techniques	10
The Basic (Short form) EFT Recipe.....	12



Practical Applications of the 4 Tenets of <i>LiberatingTouch</i> ®	14
Truth	14
The Tree Connection Sequence for Connecting to the Higher Self	15
The Liquid Light Relaxation Sequence (Script)	15
The Script for the Tree Connection Sequence	17
Script for the Finger Holds Sequence used in <i>The Harmony in Daily Living Practice</i>	18
The Tree Integration Meditation (Script)	20
Responsibility to SELF and others	21
A few tips for Unconditional Listening	22
Practicing the Infinity exercise for Detachment	23
Peace	24
Love	25
<i>LiberatingTouch</i> ® Daily Practice (28 Day) for Opening to Wholeness	26
Here are suggestions and directions for the 4 steps:	27
NB. The Evidence for Energy Therapy	32





Introducing *LiberatingTouch*[®]

What is *LiberatingTouch*[®]?



Ranjana and Eddie have developed *LiberatingTouch*[®] for Self-Realisation through their own experiences, inspiration and intuitive guidance from their spiritual master. They share the understanding that the Self is only a witness and is not subject to pain and pleasure which the body experiences. To experience the Self as our reality, control of the senses, detachment, the love of Truth and compassion are essential.

The Self is the embodiment of bliss. One can only experience the embodiment of bliss; it is not possible to exhibit it in any other manner. You are the image of the Supreme Self, the image that is reflected in the body that is part of nature. With *LiberatingTouch*[®] you discover that peace is your birth-right, the peace of an illumined heart, which reveals the splendour of the Self which you really are. There is no need to retire to a forest, or cave, to find peace and freedom; to know your inner Reality. This art reveals practical ways for you to live a contented, satisfied, and confident life; free from fear in a world that can seem anxious, chaotic and agitated. When there is Self-confidence, and Self-satisfaction, Self-Realisation follows.

LiberatingTouch[®] is a dynamic 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. *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.



Quite simply LiberatingTouch® involves connecting to the infinite intelligence (Truth) while accessing the healing power (Love) within you. At the same, time you can acknowledge (utilising Self-Responsibility protocols) and understand (with Detachment and Peace) whatever is creating distress in your life. The process allows you to make positive healing shifts . By understanding the cause of your issues and by stimulating various locations on the face, chest and fingers, you can balance the body's energetic field and heal mental and emotional suffering. The components of LiberatingTouch® include; connecting to the Universal Self, Touch with Awareness, Breath Awareness, Meditative Inquiry, Intuitive Listening, Story Telling, Understanding Dreams and Metaphors, Sketching, Music, Movement, Creative Visualisation, Eastern Philosophy, and experiential knowledge of the forces that shape us.

This transformative healing art is a combination of Ancient wisdom (for e.g. the methods of meditative inquiry, healing narrative and devotional practices developed by the ancient mystics, sages and philosophers) and the energy healing methods practised by ancient cultures (for e.g. Traditional Chinese Medicine, Jin Shin Jyutsu and Ayurveda). 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 and pain. By combining this understanding of energy with self-inquiry, self-investigation and self-knowledge, we can heal the mind and illuminate the Heart.

The 4 Main Tenets at the Core of *LiberatingTouch*®

LiberatingTouch® is a heart-centred energy therapy focused on Self-Realisation. It combines the wisdom of the 4 eternal tenets – TRUTH, SELF-RESPONSIBILITY, PEACE AND LOVE with practical hands-on exercises that allow us to heal, balance and experience harmony in our lives. The 4 tenets and their Practical Applications are discussed in detail during the Heart of Understanding 8 Day *LiberatingTouch*® Class.



The origins of *LiberatingTouch*[®] and its ongoing dynamic development

LiberatingTouch[®] is a result of the exploration of subtle energies that Eddie and Ranjana experienced. They understand that only Consciousness (the SELF) exists. The creation we perceive as real, is a dream and Reality is indescribable, eternal and beyond the mind. *LiberatingTouch*[®] is about Awakening Awareness of the SELF and experiencing our True Reality. *LiberatingTouch*[®] is spontaneous; it is an art that reflects the ongoing dynamic journey each one of us takes on the path to becoming one with the Source. *LiberatingTouch*[®] consists of 9 CORE PROCESSES, 36 MEDIATING (HARMONISING) SEQUENCES & 108 VARIATIONS.

The How to of *LiberatingTouch*[®]

With *LiberatingTouch*[®] there is no basic recipe. There is no one size fits all protocol, or sequence. In fact there are several protocols, or pathways that can be utilised in combination depending on the need. The 4 tenets and their practical applications once grasped are the keys to *LiberatingTouch*[®]. We encourage you to study these. *LiberatingTouch*[®] is not a mechanical process; it is an art, so there are no guarantees, no fixed outcomes, and no set rules. You may need to persevere before you notice changes. To help you familiarise yourself with *LiberatingTouch*[®]'s 4 tenets and to integrate these into your life we have put together **several sequences** that make it easy for you to experience *LiberatingTouch*[®]. In this Introductory Workshop we will share, easy to use *LiberatingTouch*[®] sequences, practical exercises to experience detachment, the importance of investigating belief systems and the awareness of how emotions impact your body and life, and how to reclaim your power and transform fear. This workshop is for you to have insights and have a glimpse into the alchemy of Love and Truth (the heart of *LiberatingTouch*[®]). If you would like to explore this further do join The Heart of Understanding 8 Day *LiberatingTouch*[®] Class. More information about this is available at www.emotionalhealthcentre.com.

In its simplest form *LiberatingTouch*[®] is about connecting to the Higher Self for clarity and healing. By connecting to the wisdom of the Self, holding the Energy Balancing Locations with breath awareness, and communing with the part of us that is experiencing pain or disharmony, we can reclaim our power and align ourselves with GOD (Source, Universal Consciousness, Higher Self, Creator).



LiberatingTouch[®] incorporates EFT (Emotional Freedom Techniques) and Jin Shin Jyutsu





Jin Shin Jyutsu

Jin Shin Jyutsu is a gentle art that promotes optimal health and well-being. It facilitates our own profound healing capacity. Jin Shin Jyutsu induces relaxation, and greatly reduces the effects of stress. In Japanese Jin means 'knowing, compassionate human being', Shin means, 'divine nature' or 'creation', and Jyutsu (pronounced Jit-su) means 'the art of'. Thus, Jin Shin Jyutsu can mean 'the art of divine creation through compassionate human intent'. It is based upon an all-inclusive, ever moving (changing) energy that circulates throughout the universe, within and without every organism. Jin Shin Jyutsu is a very ancient physio-philosophy designed to harmonize your physical, mental, and emotional energies. Jin Shin Jyutsu does not involve massage, manipulation of the bones or muscles, or use of substances. It is a gentle art, practiced by placing the fingertips over clothing on designated areas, to harmonise and restore the energy flow. This facilitates the reduction of tension and stresses which accumulate in the body through normal daily living. Jin Shin Jyutsu self-help sequences can be self-administered easily.



A powerful feature of *LiberatingTouch*[®] is holding the fingers with awareness while consciously diving into the heart of what ails us. By holding the fingers we can harmonise all our energy flows. This exercise comes from the ancient art of [JIN SHIN JYUTSU](#). In this Foundations of *LiberatingTouch*[®] Seminar and in the Jin Shin Jyutsu self-help workshops, we discover more about the fingers and the Energy Balancing Locations and how to use them to enhance physical, cognitive and emotional acuity. The notes below have been compiled by Astrid Kauffman. Her website www.flowsforlife.com is a useful resource.

For the sequences outlined in this guide you will need to familiarise yourself with the finger holds and the *LiberatingTouch*[®] Energy Balancing Locations illustrated in this guide. We recommend simply holding the areas indicated to get to know them. They are similar to the EFT tapping points and the Jin Shin Jyutsu Safety Energy Locks.



	<p>Hold your THUMB (either side) to harmonise the attitude of WORRY, and to help:</p> <ul style="list-style-type: none"> • Insomnia • Digestion • Headaches (esp. base of thumb) • Stress and nerves • Ground and calm • Nurture • Skin surface • Stomach and spleen energy • When you have to SIT a lot
	<p>Hold your INDEX finger (either side) to harmonise FEAR and ANXIETY, and to help:</p> <ul style="list-style-type: none"> • Teeth and gums • Backaches • Digestion, constipation • Shyness • Muscle tension • Kidney and bladder energy • When you have to STAND a lot (be on your feet)
	<p>Hold your MIDDLE finger (either side) to harmonise the attitude of ANGER, and to help:</p> <ul style="list-style-type: none"> • Regulate blood pressure (high or low) • General fatigue • Eyes, vision • Irritability • Balance emotions • Liver and gallbladder energy • When you have to READ a lot
	<p>Hold your RING finger (either side) to harmonise the attitude of GRIEF and sorrow, and to help:</p> <ul style="list-style-type: none"> • Ringing in the ear (tinnitus) • Respiratory functions • Excessive mucus • Skin conditions • Lung and large intestine energy • When you have to RECLINE a lot



	<p>Hold your LITTLE finger (either side) to harmonise the attitude of PRETENSE (trying to), and to help:</p> <ul style="list-style-type: none"> • Heart conditions • Bloating • Trying too hard (at anything) • Insecurity, nervousness • Heart and small intestine energy • When you need to WALK a lot
	<p>Place your fingers on the centre of the palm (either side)</p> <ul style="list-style-type: none"> • To connect to the Universal Self • For fatigue • For Depression • Quick Recharge • When you feel like sleeping a lot

How to stimulate the Energy Balancing Locations with a Firm and Gentle Touch

- Relax – If unable to relax, just be as you are. There is no need to try to relax.
- Sit, stand, or lie down in whatever position and wherever it is most convenient, practical and comfortable.
- Hold each area for a full breath that is an inhalation and exhalation
- The palm, tip of thumb, one finger or fingers, the palm or back of the hand may be utilised, whichever is most appropriate, comfortable or convenient at the time.
- It is not necessary to apply pressure, tap, rub or massage. However, you can do any of these if you choose to do so.



Here are some of the *LiberatingTouch*® Energy Balancing Locations illustrated on ‘The portrait of a young man’ by Bronzino



The Fundamentals of (EFT) Emotional Freedom Techniques

EFT is an important component in *LiberatingTouch*®. It is very easy to learn, and



will help you:

- Transform Negative Emotions
- Heal Trauma
- Reduce Pain
- Manage Stress effortlessly
- Implement Positive Goals
- Reduce Food Cravings
- Detach from Limitations
- Develop Self Confidence

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem – whether it is a traumatic event, an addiction, pain, etc. — and voice positive affirmations.

This combination of tapping the energy meridians and voicing positive affirmation works to clear the ‘short-circuit’ – the emotional block – from your body's bio energy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease.

4 Useful EFT concepts before you dive in –

1. **The Discovery Statement** – EFT uses the end points of the 12 major meridian channels and the 2 governing vessels found in Chinese medicine. It has been observed that by tapping on these points while focusing on the problem, a release takes place clearing the physical or emotional pain being worked on. This led to the principal that:

The Cause of ALL Negative Emotions Is a Disruption in the Body's Energy System

We find repeatedly that properly stimulating these subtle energies; tapping on the meridians with our fingertips while focusing on a specific problem clears disruptions and normal function can resume. This results in a new level of emotional freedom. Interestingly, our results aren't limited to emotional



issues. Bringing relief to someone's anger, fear or trauma also brings relief to physical ailments.

2. **Reversals or Resistance to Healing (also known as psychological reversal)**

Another interesting concept in EFT is that of 'resistance to healing'. This used to be described as psychological reversal. Take for example somebody who wants to quit smoking. Often, they struggle with a deeper part of them that wants to carry on smoking. Uncovering the hidden aspects and treating these can correct this unconscious resistance. As a result it's possible to help someone to change a habit when his or her will power is not strong enough. Will power if used for long durations can be stressful. If used to overcome a craving it is likely that the craving will resurface for something else. This is commonly seen when someone quits smoking and starts eating more instead. It may be the reason why some people have such a difficult time losing weight or giving up addictive substances.

Psychological Reversal is, quite literally, the cause of self-sabotage. Reversals are caused by self-defeating, negative thinking which often occurs subconsciously and thus outside of your conscious awareness.

Common Psychological Reversal Scenarios:

I will be rejected.

I don't trust myself

I have to be perfect

I fear something like this problem will happen again.

I doubt that...

I am not worthy, I am not safe, I do not deserve....

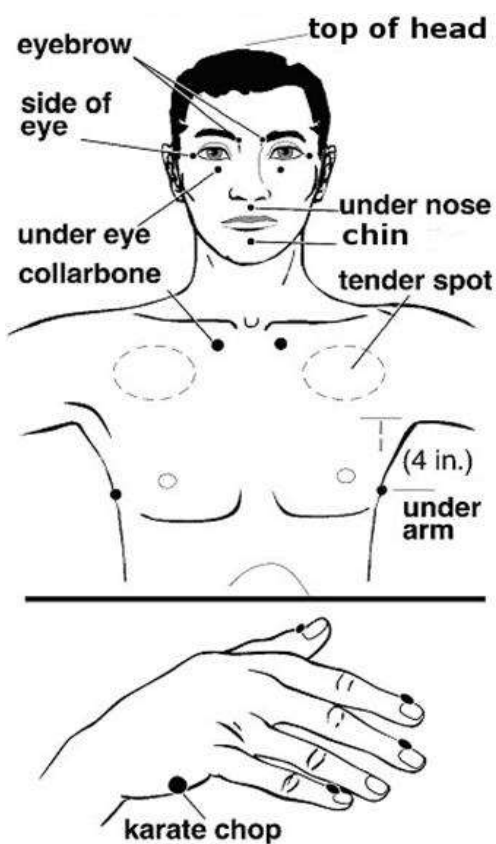
3. **Tuning In** – Problems are like puzzles and puzzles have a lot of pieces. The first step is to think about your problem and then pick the piece that you want to work on. Notice the effects of thinking about that piece. How intense or stressful does it feel? Use EFT on that one piece until you feel some relief. Tuning in is seemingly a very simple process but very important for effective EFT. To tune in you merely think about the problem, notice the emotion or stress attached to the issue and then apply The Basic EFT Recipe.



4. Test your results



The Basic (Short form) EFT Recipe



1. **Awareness:** Tune into the problem, be specific and note any physical/ emotional mental stress, tension, suffering or pain with as much detail as possible.

2. Note your **Emotional Stress Intensity** and then compose **The Setup Phrase***. The Setup phrase includes the problem/issue and an affirmation in the statement.

*The Setup is to balance your system preparing it for 'healing' Repeat your chosen setup phrase 3 times for e.g., *'Even though I have this _____ (for e.g. hideous headache...this will become your Reminder Phrase in the next step)_____ I deeply and completely accept myself.'* while continuously tapping the Karate Chop point or rubbing the Tender Spot

3. After completing the Setup, tap/touch the **Energy Balancing Locations** while repeating the **Reminder Phrase** at each point.

4. Tune in again to the issue and **notice any remaining intensity** and proceed to tap yourself FREE.

Note: In subsequent rounds The Setup (issue and affirmation) and the Reminder Phrase are adjusted to reflect the fact that you are addressing the remaining/shifting problem.



If you get stuck -- Sometimes you might not seem to be making any progress. If this is the case then you might try one of the following to help.

- Try a different Setup phrase.
- Make sure you are being as specific as possible.
- Drink a glass of water, this helps move things and may give insight. Move around, some gentle exercise may help shift whatever is stuck.
- Book a session with a AAMET qualified EFT Practitioner

We encourage you to try the **Emotional Toothbrush Series** on our website. The Emotional Toothbrush series is for making the practice of Emotional Freedom Techniques (EFT) fun and easy. This audio series is to help you get insights and AHA's between sessions, support your *Personal Peace Procedure* and accompany you on your journey to Freedom and Joy.

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

When we store trauma, uncomfortable memories, and challenging experiences without resolving how they impact us, they become shadows that darken our present and future. Our lives are dictated by what happened instead of what is possible. - Ranjana

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. - Ranjana

LiberatingTouch® is an art that can help anyone to progressively step into their Truth, discover their innate power (Love) to heal themselves in all areas of life, know happiness and realise the magnificence of the SELF. - Ranjana

'In an open Heart, the lies created by the mind, dissolve into the light of TRUTH. The transparent, all pervading, resounding omniscient TRUTH.' - Ranjana





Practical Applications of the 4 Tenets of *LiberatingTouch*[®]

EFT (Emotional Freedom techniques) teaches that the cause of all negative emotion is a disruption in the body's energy system. With *LiberatingTouch*[®] we learn that the cause of all disruption is created by the mind. By shining the light of awareness on attachments and resistance stored in the mind we release our identification to them and reveal the infinite power of Love and Truth that resides within our Hearts. This power is the source of all healing; this knowledge is the first step of Self Realisation.

Important Note: The 4 Tenets work together synergistically and are not separate components. They work together as a whole. You can compare them to the 4 limbs of the body or 4 walls of a house, each one vital for the whole. In this workshop, we will be exploring these 4 tenets briefly. For a more thorough understanding of these we recommend our Heart of Understanding 8 Day Class.

Truth

Connecting to SELF (The Absolute Truth, Love, Cosmic Consciousness, Universal Self) and acknowledging our innate Divinity and Wisdom.

'First you start with the idea, 'I am in the Light', and then the feeling becomes established, 'The Light is in me', this leads to the conviction, 'I am the Light'. This is Supreme Wisdom.' Sri Sathya Sai Baba

In *LiberatingTouch*[®] the metaphor of the Tree is used to connect to the Higher-Self to access unconditional love, truth, wisdom and peace. To create a space of safety, to receive healing, purifying, cleansing, energising, strengthening and relaxing energies. Connecting to the Higher-Self is the first step towards health and spiritual regeneration.



The Tree Connection Sequence for Connecting to the Higher Self



Detailed in this manual are three scripts. The first is for the Liquid Light Relaxation which precedes the script for the Tree Connection Sequence and then there is the script for the Tree Integration Meditation. The first one is often used in sessions and can be used to communicate to with parts of ourselves, family members or anything that is brought to our attention. The second one (towards the end of manual) is for grounding, and realigning ourselves so that the cosmic energies may flow through us harmoniously. Both are vital components of *LiberatingTouch*®.

The Liquid Light Relaxation Sequence (Script)

First sit down on the ground or in a chair, or in any position that allows you to feel comfortable. Place your right hand above the left hand in a cupped position, palms facing upwards, with your hands resting on your lap. This classic hand pose is called the 'dhyana mudra'. Alternatively, you can place your fingers in the centre of your palm, or you can choose any hand posture or mudra of your choice.

Now, close your eyes and focus on your breath. Breathe in and breathe out. Visualise your body as hollow. Imagine that liquid white light is entering the soles of your feet. As the level of the liquid light rises up from the soles of your feet to your ankles, both your feet are now filled with light, and all the muscles in your feet are completely relaxed.

Visualise the liquid white light rising up from your ankles into your calves, so that both your calves are now filled with light, and all the muscles in your calves are completely relaxed.

Visualise the light now entering your knees and thighs, so that both your knees and thighs are now filled with light and all the muscles in your knees and thighs are completely relaxed.

Visualise the light now entering your bottom, groin and waist; so that your bottom, groin and waist are now filled with light, and all the muscles in your bottom, groin and waist are completely relaxed.



Visualise the light now entering your belly, so that your belly is now filled with light, and all the muscles in your belly are completely relaxed.

Visualise the light now entering the whole of your back, so that the whole of your back is now filled with light, and all the muscles in your back are completely relaxed.

Visualise the light now entering your chest, so that your chest is now filled with light, and all the muscles in your chest are completely relaxed.

Visualise the light now entering both your shoulders, so that both your shoulders are now filled with light and all the muscles in your shoulders are completely relaxed.

Visualise the light now entering your arms, so that both your arms are now filled with light and all the muscles in your arms are completely relaxed.

Visualise the light now entering both your hands, so that both your hands are now filled with light and all the muscles in your hands are completely relaxed.

Visualise the light now entering your neck and throat, so that your neck and throat are now filled with light and all the muscles in your neck and throat are completely relaxed.

Visualise the light now entering your jaws, cheeks and mouth; so that your jaws, cheeks and mouth are now filled with light, and all the muscles in your jaws, cheeks and mouth are completely relaxed.

Visualise the light now entering your eyes, forehead, and scalp, so that your eyes, forehead, and scalp are now filled with light.

Your whole body is filled with light and your body is completely relaxed. As you become more and more relaxed, find yourself going deeper and deeper within yourself. Floating very gently, just like a feather, to the very centre or core of your being. When you reach the very centre of your being, imagine a vast space around you, and in this vast space, you will find the Tree, which is the symbol of the Higher-Self.



The Script for the Tree Connection Sequence

..... To be practiced after the Liquid Light Relaxation Sequence

The Tree has many different coloured ribbons flowing down from the branches to the ground. Pick any one of the coloured ribbons that catches your eye, reach out, take it in your hands and give it a gentle tug. When you tug on the ribbon, feel the resistance coming from the branch of the Tree where it is attached. When you feel this resistance, know that you are connected to the Higher-Self.

Now that you are connected to the Tree, which represents the Higher-Self and is the Source of Wisdom and Love, you can ask the Higher-Self to send via your ribbon the light of TRUTH. Visualise this quality of Truth filling your whole being as you breathe it in and as you breathe out, visualise any untruth or false beliefs, leaving you with your breath and going up the ribbon to the Tree to be transformed.

Keep inhaling the light of Truth and exhaling untruth or false beliefs. Continue breathing in the light of Truth and breathing out untruth or false beliefs.

Now ask the Higher-Self to send the energy of SELF-RESPONSIBILITY, and visualise it coming from the Tree via your ribbon, strengthening you as you inhale. You can visualise the energy of Self-Responsibility filling your whole being with mental and physical strength. As you breathe out, visualise any weakness or ignorance leaving you with your exhalation and going through the ribbon to the Tree to be transformed. Keep inhaling the energy of Self-Responsibility and exhaling weakness and ignorance. Continue breathing in the energy of Self-Responsibility and breathing out weakness and ignorance.

Now ask the Higher-Self to send you the light of PEACE, and visualise this energy coming from the Tree via the ribbon and filling up your whole being with Peace as you breathe it in and as you breathe out, visualise any disharmony, conflict, or negativity that you are ready to release, leaving you with your exhalation and going up the ribbon to the Tree to be transformed.

Keep inhaling the light of Peace and exhaling disharmony, conflict or negativity. Continue breathing in the light of Peace and breathing out disharmony, conflict or negativity.





Now, ask the Higher-Self to send you the energy of LOVE, and visualise it coming from the Tree via your ribbon, filling your whole being with Love as you breathe it in. Exhale any fears, darkness, or resistance within you that you are ready to release, and visualise them moving up the ribbon to the Tree to be transformed.

Continue inhaling the energy of Love and exhaling any fears, darkness, or resistance. Continue breathing in the energy of Love and breathing out fears, darkness, or resistance.




Now focus on your breath, breathing in all the energies of Truth, Self-Responsibility, Peace and Love, from the Higher-Self, and exhale anything that you are ready to release. Keep breathing out whatever you are ready to release and see it going back up the Tree, back to the Higher-Self to be transformed. Keep focusing on your breath.

Script for the Finger Holds Sequence used in *The Harmony in Daily Living Practice*

After completing the Liquid Light Relaxation and Tree Connection Sequence for Connecting to the Higher-Self, you can invite your challenges to the Tree for understanding. Imagine taking the ribbon, wrapping it around each finger and inviting your challenges one at a time.

	<p>Hold your THUMB (left or right hand) and repeat within yourself for a minute or so:</p> <p><i>'I now invite all my anxieties and give them a ribbon each, whether they are anxieties about my family, bills, work or home, so that they can be connected to the Tree and receive the nourishing and nurturing energies from the Higher-Self.'</i></p>
	<p>Hold your INDEX finger (left or right hand) and repeat within yourself for a minute or so:</p> <p><i>'I now invite all my fears and give them a ribbon each, whether they are fears about failure, success, safety, loss, unworthiness, uncertainty and lack. I consciously invite them to be connected to the Tree, so they too can receive the nourishing and nurturing energies from the Higher-Self.'</i></p>



	<p>Hold your MIDDLE finger (left or right hand) and repeat within yourself for a minute or so:</p> <p><i>'I now invite all the people and events in my life that frustrate (annoy/anger) me and give them a ribbon each. I consciously invite them to be connected to the Tree, so they too can receive the nourishing and nurturing energies from the Higher-Self.'</i></p>
	<p>Hold your RING finger (left or right hand) and repeat within yourself for a minute or so:</p> <p><i>'I now invite my many losses, my sadness and grief in relation to these, whether it is the loss of innocence, loss of youth, loss of mobility, or loss of love. I give them a ribbon each and consciously invite them to be connected to the Tree, so they too can receive the nourishing and nurturing energies from the Higher-Self.'</i></p>
	<p>Hold your LITTLE finger (left or right hand) and repeat within yourself for a minute or so:</p> <p><i>'I now invite my many struggles, my many trials, my judgements and criticisms and offer each one of them a ribbon. I invite all my struggles to be connected to the Tree, so they too can receive the nourishing and nurturing energies from the Higher-Self.'</i></p>

You can now close this sequence by thanking the Higher-Self. Slowly return to the here and now (time, date and venue). Stretch and ground yourself.

This Finger Holds sequence, along with the Liquid Light Relaxation and Tree Connection Sequence can be used at the start of all sessions. Together they form the Harmony in Daily Living Practice.

An audio of this can be accessed on the resources page at www.emotionalhealthcentre.com



The Tree Integration Meditation (Script)

After completing the *Liquid Light Relaxation Sequence* and the *Tree Connection Relaxation* you can follow this script for an integrative meditative experience.



Your whole body is filled with light, and your body is completely relaxed. As you become more and more relaxed, find yourself going deeper and deeper within yourself. Floating very gently, just like a feather, to the very centre or core of your being. When you reach the very centre of your being, imagine a vast space around you, and in this vast space, you will find the Tree, which is the symbol of the Higher-Self... ..

The Tree has many different coloured ribbons, flowing down from the branches to the ground. Pick any one of the coloured ribbons that catch your eye, reach out, take it in your hands and give it a gentle tug. When you tug on the ribbon, feel the resistance coming from the branch of the Tree, where it is attached. When you feel this resistance, know that you are connected to the Higher-Self.

Visualise yourself going up to the Tree and stand or sit with your back against its trunk, knowing it will support you. Identify with the Tree. Visualise your energy field and the energy field of the Tree, merging together to becoming one. Feel yourself become one with the Tree. Imagine that you are sending your roots down, deep into Mother Earth, like the Tree does, to bring up the nourishment you need from the Cosmic Mother. Inhale whatever you need, such as love, affection, acceptance, compassion and acknowledgement or anything else you think you lack, and breathe out any negative emotions which you are willing to release. Now continue breathing in all the energies and breathing out whatever you are ready to release. Focus on your breath and keep breathing in all the nourishing energies and breathing out whatever you are ready to release.

Reach up as the Tree does with its branches and leaves towards the sun, the Cosmic Father, and breathe in whatever is being given to you from that source of nourishment. Exhale anything that could prevent you from receiving it. You may want to specify what you wish to be given, such as courage, validation, acceptance, affection, protection and support or anything else that comes to your mind. As you



breathe out, let go of any negative emotions that you are willing to release. Now keep breathing in all the energies and breathing out whatever you are inspired to release. Focus on your breath and continue breathing in all the positive energies and breathing out whatever you are ready to release.

Now inhale from both sources, and with each breath feel the two streams of nourishment flow throughout your body, bringing about the balance you need between the Yin and Yang forces of the earth and sun. Stay connected in this way, breathing in whatever you are being given. This unification with the Tree, energises, revitalises and heals you. (Pause for a while)

You can return to the Tree at any time to seek guidance, nourishment and healing.

Responsibility to SELF and others

Using Meditative Inquiry and Unconditional Listening for investigating and understanding the mind (the cause of ALL suffering and separation). Through intuitive understanding liberate the mind from fear, attachment and negative emotions.

'Our duty, as men and women, is to proceed as if limits to our ability did not exist. We are collaborators in creation.' -- Teilhard de Chardin

'The highest Dharma (Responsibility) is the pursuit of Truth, this opens the Heart from which pours the wisdom of compassion, Love and Peace.' -- Ranjana

Responsibility is not a matter of time and space to be modified and adjusted to the needs and pressures of the moment. Responsibility is the ability to respond to any situation with integrity. It is based on fundamental principles that guide mankind in its progress towards inner harmony and outer peace. In the Vedas (the Vedas are ancient Sanskrit texts - Veda means divine knowledge) these principles are called *Sanathana* (eternal), because their origins are not dated, their author is not identifiable, they are the revelations made in the clarified intellects of impartial sages. When responsibility to self and others is ignored we discover a mind steeped in fear. Being responsible requires us to be aware and consistent with our thoughts, words and actions. With *LiberatingTouch*[®] we explore the many ways the mind resists responsibility and realisation.



The mind has no distinct form or shape. It assumes the shape or form of the thing it is associated with. Wandering from wish to wish, flitting from one desire to another – this is its nature. Thus, the mind is the cause of joy and grief, of elation and depression. The mind is prone to gather experiences and store them in memory. It does not know the art of giving up. Nothing is cast away by the mind. Therefore grief, anxiety, pain and misery continue simmering in it. The question is how do you train the mind to give up what you want to cast away...you can use meditation, inquiry, or other rigorous spiritual disciplines. We have developed *LiberatingTouch*® as a practical and hands on method for detachment. Once you teach the mind to detach from the story of fear, suffering and pain, Love and Bliss become your nature.

A few tips for Unconditional Listening



Become aware of your breath, the tone of your voice, any discomfort or tension in your body, allow your thoughts to slow down and drop your awareness from your head to your heart. You may want to place your hand on your heart.

Inhale and exhale. Close your eyes and give yourself permission to let go. Let your shoulders simply drop effortlessly and when you open your eyes see the world afresh, anew, as if you are seeing through the eyes of a baby. Make the choice to pay attention to your intuition. Look at everything around you as if you are seeing it for the first time, feeling for the first time, hearing for the first time and notice the sensations, sounds, colours and shapes. You may need to open and close your eyes deliberately a few times to let go of your agenda, opinions and filters. To see the world with wonder is to be open to the infinite possibilities of Love and Truth. Once you feel receptive to listening without judgement, with loving awareness, you are ready to ask questions and then wait for the answers to arise from the SELF within.



Below is an exercise to help you develop Detachment:



Practicing the Infinity exercise for Detachment

The 'Infinity Exercise' is part of the *LiberatingTouch*® Detachment Process and is a visualisation technique, where you visualise or imagine that you are in one loop of a large 'Infinity symbol' and the object, symbol or person that you need to detach from is in the opposite loop of the 'Infinity symbol'. You then visualise a 'white serpent of light' moving along the path of the 'Infinity symbol' (clockwise or counter-clockwise), looping around you and then looping around the 'other', as illustrated in the diagram.

As you do this your thoughts will create a vortex of energy spinning around you in one direction and spinning around the loop in front of you in the opposite direction. Physics tells us that objects spinning in opposite directions cannot come together but will pull apart. A vortex will also pull everything to its centre, just like water in a sink which spirals as it drains out. When we do this exercise, we are communicating to the subconscious, in symbolic language, to deprogram our attachment to the object, person or symbol in the loop opposite us. Therefore, the subconscious will free the energy locked in the conditioned process and allow us to reclaim our power. In effect, it is breaking the pattern of control (fear). The mind is extremely powerful and thoughts can manifest energetically (as you think so it becomes).

This exercise can be used whenever you feel that you are reacting to someone or something, even during a phone call, or when conversing with someone. All you have to do is put yourself in one loop of the Infinity symbol, and the person or object in the other loop and visualise the 'white serpent of light' going along the path of the 'Infinity symbol', till your reaction stops, or till you experience serenity.

This one visualisation can help you at any time to create space so that you can respond to any situation/person with clarity and strength. We all know how easy it is to get enmeshed in irate conversations, to be triggered by a remark, or to feel pressured. If in that moment, you remember to visualise, think, or even trace the Infinity symbol with your fingers, and imagine that you are in one loop, and the



distressing/annoying/confusing issue/person is in the other loop; you can instantly create the breathing space you require to disengage from the story and take inspired action. The use of the Infinity Exercise is colloquially referred to as *infinitising*.

You can infinitise to detach from someone or something which makes you react negatively, or from that which you are trying to control, or from someone or something you are allowing to control you. This exercise draws all your scattered energy back to you, and similarly all the energy of the person, or challenge, back to itself in the other loop. This weakens the energetic links and allows you to meet any situation, person, addiction, or substance with understanding and compassion.

You can learn more about this in Eddie and Ranjana's book, [‘DETACHMENT - The Secret to Infinite Peace’](#)

Peace

Awakening Awareness with the Breath and the Hands and dialoguing with the mind-body using the 5 sensory organs. BEing Constant Integrated Awareness. KNOW (heal) My Self.

‘The truth is that within each of us lies the power to cast all misery aside and to KNOW complete Peace and Oneness to BE that beautiful creation of perfect harmony to truly KNOW (Help) MySelf’ - Mary Burmeister

‘In every culture and in every medical tradition before ours, healing was accomplished by moving energy.’ -- Albert Szent-Gyorgyi

The mind and emotions impact the body, life and environment. Once we understand this we can use simple effective ways to bring balance and equilibrium to the body-mind by engaging the energy field with awareness. With touch and breath awareness we can heal and balance Anxiety, Anger, Sadness, Guilt, Shame, Regret, Resentment and any other negative emotional states. By simply holding the Energy Balancing Locations while tuning into what makes us afraid, we can transform FEAR emotions, pain and stress and witness them dissolve into the light of loving awareness.



We can also use all the other sensory organs while holding the Energy Balancing Locations to create shifts in vibration and perception.

Love

Illuminating the Heart and meeting ALL of suffering with Love and Compassion.

'Where there is confidence there is love, where there is love there is truth, where there is truth there is peace, where there is peace there is bliss, where there is bliss there is God.' -- Sri Sathya Sai Baba

'One does not become enlightened by imagining figures of light but by making the darkness conscious.' -- Carl Jung

There is a dynamic relationship between the mind and the *Spiritual Heart*. The mind stores everything; perceived memories, judgements, fragmented half-truths, beliefs, unfulfilled desires. While the *Spiritual Heart*, the residence of the Higher Universal Self is the place from which wisdom springs; it is the fountain of truth, wholeness and inspiration. By connecting to the Universal Self (Higher Self), taking responsibility for our thoughts, words and actions, and investigating our beliefs, we can meet all our issues, problems and pain with an open, forgiving and compassionate heart. Freedom is the ability to meet all of life with an open heart.

The mind reacts, the heart responds, the mind suffers, the heart heals, the mind stores pain and the heart forgives. Love can bear everything it is fear that finds pain unbearable. The wounded (tarnished, poisoned, or contaminated) mind is conditioned to react from fear, while the open heart responds with love.

We now understand that by using our imagination we are communicating to the subconscious mind. With the Tree Connection Sequence, we use the inner wisdom to communicate to the subconscious mind and reprogram it. With meditative inquiry we investigate behaviour, actions and reactions. Through intuitive understanding we create a space in which we transform outmoded (no longer appropriate) behaviour. By touching the Energy Balancing Locations at the same time, we allow the Higher (Universal) Self to make the changes which are in harmony with our lives now. In this way, we open the path to reclaiming our power. -- Ranjana

'Forgiveness is realizing that what you thought happened, didn't. - Byron Katie



LiberatingTouch[®] Daily Practice (28 Day) for Opening to Wholeness

Many of us would like to permanently alter a habit, create a new behaviour pattern, manifest abundance and grace into our lives, experience equanimity and love and move into alignment with the deepest calling of our Heart. This process is tailor made for the realisation of our potential and wholeness. This 28 Day or 4 week practice is also about liberating consciousness from constriction and resistance so that we can in time realise the SELF (Truth).

The most difficult part of this process is, knowing what you want, knowing what is missing in your life, knowing where your power is lacking or diminished. What you really really really want and to **know** that it is in alignment with the calling of your Heart. It is very important to understand why you want this and your level of commitment to this in your life. If it is something you have wanted (been attached to) all your life then focusing on the desire may be unhelpful. You may need to understand what it is you require first, what this represents for you, what energy is missing or stuck in your life, and what experience can help you move in the direction of Self-fulfilment. Once you hone in on this, it can act as a key unlocking the doors in the mind and liberating the infinite possibilities of the Heart. The Tree Connection Sequence, '*Connecting to the Universal SELF for healing and experiencing Love and Truth*' will help.

For example, client T tended to slip into depression; he has tried many things over the years and has had good results for brief moments. He has come to learn ways to manage the depression without medication, with CBT (Cognitive Behavioural Therapy) and EFT (Emotional Freedom Techniques). This has worked well. He was also intrigued to try out the 28 Day process. His desire was to feel more positive about himself. As we chatted and focused on the issue with meditative inquiry we discovered a memory that filled him with 'gladness'. It had taken place in a home where he had felt very safe; we used the location as the '*key phrase*'. This process worked so well for him that although he still gets down, as he said he no longer experiences the debilitation of depression.

Another example is client S; she wants to be healthy and active. She has arthritic pain in her joints and is saddened that she finds it difficult to play with her grandchildren. After meditative inquiry, she uncovered the phrase, '*flexible healthy fun*' this was the key for her to relax and allow a shift in her



consciousness. What was interesting was that through the process she came to terms with lack of fun in her own childhood and could heal her unhealthy childhood experiences. The result of using this process for 4 weeks was that S still has arthritis but she doesn't feel restricted by it now.

Once you have a clear sense of what you require for your journey, what you need to reclaim, you then need to express it as a succinct and engaging phrase. Write it in the blank spaces in statements below. For help with this, or to know more about *LiberatingTouch*® you may wish to book a session with us. You are now ready for the process.

This process has 4 steps.

1. OPENING
2. RELEASING
3. LIBERATING
4. SURRENDER (GRATITUDE)

When practising these steps visualise, imagine or think that your consciousness inhabits a dwelling, it can be anything and can change with time.

[Here are suggestions and directions for the 4 steps:](#)

1. OPENING

Imagine, visualise, sense or think that you are opening the doors to the dwelling that represents your consciousness as wide as you can, allowing the energy and experience you desire to enter and fill your body, mind and heart. During this step stimulate the tender areas on the chest gently and repeat the phrase below 3 times.

'Opening this body, mind and Heart consciousness to the experience and energy of key phrase' and then,

Touch all the Energy Balancing Locations while repeating the 'key phrase'

2. RELEASING

Imagine, visualise, sense or think that you are exhaling the resistance, impurities and negativity from your body mind and life, with your breath. Place your fingers of one hand in the centre of the other hand's palm and focus on your exhalation (count 3 to 9 exhalations) while saying the statement below. This frees you for the next step.

'Releasing all Resistance, Confusion, Conflict, Limitations to key phrase with each exhalation'



3. LIBERATING

Imagine, visualise, sense or think that you are now opening all the windows in your consciousness dwelling, letting light in and freeing whatever has been trapped and stored out, so everything that represents fear and attachment is being set free from your consciousness and is leaving the dwelling, rushing out of the windows like trapped shadow birds flying out into the light. Once outside they are transformed into light. Hold each finger while repeating the statement below.

'Liberating myself from any (all) fear and attachment connected to this _____key phrase_____'

4. SURRENDER & GRATITUDE

Imagine, visualise, sense or think that you are now in the centre of this dwelling of consciousness, peaceful and still. The new energies that you are drawing in are swirling all around you filling all the spaces in your body, mind and life, and the old energy is dissolving into light. See yourself as giving thanks to the omniscient, omnipresent and omnipotent power that is making all the changes for you while you wait and witness the new energies take shape and manifest. Rest your hands on any part of your body during this step (for many it is the heart and/or solar plexus area) while saying:

'Surrendering to the expansive and infinite possibilities of LOVE & TRUTH, Thank you, so IT IS (repeat the key phrase silently within yourself), IT IS SO/IT IS TRUE'

(If you have difficulty with the concept of surrendering, you can say instead: Allowing myself to be open to the infinite possibilities of Love and Truth. LOVE & TRUTH is also interchangeable with Presence, God, Source, Creator, Grace, Divine Intelligence and so forth).



Here are the 4 steps and phrases, simply fill in the blank spaces...

1. Rub your upper chest gently while repeating the phrase below 3 times

'Opening this body-mind and Heart Consciousness to the energy and experience of _____ ,

And then touch all the Energy Balancing Locations while focussing on _____

2. Repeat the phrase below while placing your fingers of either hand in the centre of the other hand's palm and focus on your exhalation (count 3 to 9 exhalations)

'Releasing all Resistance, Confusion, Conflict, Limitations to _____ with each exhalation'

3. Hold each finger while repeating the phrase below:

Liberating myself from all fear and attachment related to this _____

4. Rest your hands on the heart and / or solar plexus area while saying:

'Surrendering to the expansive and infinite possibilities of LOVE & TRUTH, Thank you, so IT IS (_____), IT IS SO/ IT IS TRUE.'

In brief, during the 4 steps of this process, verbalise the 4 statements above while stimulating the Energy Balancing Locations and sensing the energies you are opening to flooding you.

Here is a link for a video demonstrating this process http://youtu.be/_8l6xHaUobc

If you would like to learn more do join our Heart of Understanding 8 Day LiberatingTouch® Class. Together, we will explore and experiment, witness demonstrations and learn practical ways to heal. More Information is available at: www.emotionalhealthcentre.com





Personal Healing Sessions with *LiberatingTouch*[®]

With *LiberatingTouch*[®], the practitioner gently asks relevant and intuitive questions regarding the problem, the corresponding emotions and perceptions of the issue while engaging the energy body and guiding the client with intense visual and physical experiences thereby accelerating the process of healing awareness. For example, holding specific areas on the body while asking the following questions, ‘*Who am I? Why do I feel trapped? What keeps me from feeling free? Can I ever be truly happy? What story have I created about me, the challenges I experience, my life? the world? What resentments, guilt, shame, irritations, fears am I holding onto, justifying? What would I do if I had no fear? Who would I be if I had no fear?*’ can bring flashes of insight, instant transformation and awe.

By understanding the nature of the energy body and the nature of the mind, we can enhance our awareness and access our potential for Self-Realisation and Healing with Love and Truth.

LiberatingTouch[®] can be used to reclaim your Power (energy). If everything is energy then we can say that trauma, anger, love, money are all expressions of energy. To many, *LiberatingTouch*[®] brings, not necessarily miraculous healing, but perhaps a new confidence based on the knowledge that each one of us is an expression of Love and Truth. Each one of us is extraordinary. Each one of us is loved, loving and lovable. It is a process which gives us permission to be able to speak openly about our beliefs, inspiration and experiences, because the fear of being challenged has simply dissolved away. *LiberatingTouch*[®] is about cleansing, purifying, quieting, illuminating, reassuring, loving, and healing to bring wholeness and balance back into your life.

Emotions related to rage, grief, and fear if not expressed or resolved can fester and become attitudes and then show up as mental confusion and volatility or solidify as physical projects. Our job as a *LiberatingTouch*[®] Facilitator is to help ourselves and our clients experience and resolve in a safe way fear, rage and grief (and all underlying associations), while creating a loving environment of seeking, playing and understanding. It is a deeply enriching and nourishing experience for both the client and therapist.



Whether it is financial failure, mental/emotional/physical abuse, trauma, sickness, embarrassment, guilt, shame, disappointment, or heartbreak, when we shine a light into the past and release the stored stress we experience peace in the present. This in turn helps us reclaim our power and liberate our future. - Ranjana

What *LiberatingTouch*[®] can do for you and how we facilitate positive transformation with *LiberatingTouch*[®]?

People often call us and ask for help, support, relief and solutions for their:

- Health Challenges (stress, pain, illness, chronic conditions)
- Relationship Conflicts (family, friends, partner, employee, employer interactions)
- Work Projects (obstacles to positive action, growth and profit)
- Self Confidence Deficiency (due to shame, low self-esteem, anxiety, addictions, guilt and so on)

Or simply because they are feeling stuck

We listen, inquire, hold Energy Balancing Locations and together, we dive deep into the inner ocean of wisdom for healing, understanding and freedom. We draw on the energies of Truth, Self-Responsibility, Peace and Love for release and solutions. Each session triggers a shift in awareness and induces transformation and healing.

We rarely have people call us and say:

- I want to know, understand, mySELF and know Truth
- I want to reclaim my power and know Self Responsibility
- I want to cultivate detachment and know Peace
- How can I be FREE? and KNOW LOVE

Knowing the SELF (God Realisation) is the endgame of *LiberatingTouch*[®]. Truth, Self-Responsibility, Peace and Love are the pathways we use in *LiberatingTouch*[®] to Self-Realise -- Heal. The focus of *LiberatingTouch*[®] is to understand our intimate relationship with Creation and the Creator (SELF), to discover our purpose within this relationship.

When utilising *LiberatingTouch*[®] with ourselves or with others we concentrate on awakening awareness, unveiling innate clear wisdom, getting to know the SELF, discovering opportunities and new possibilities, creating space in our minds and lives with our intention, breath and hands. It is about cultivating detachment, aligning ourselves with harmonious thought, expression and action.



This opening to Truth and Love sets us free. Free to experience chronic, critical or daily health challenges as a dynamic process of transformation and growth. Free to experience relationship conflicts and confusion as an adventure in communication and compassion. Free to meet financial projects with inspired action. Free to be self-confident, self-aware and self-fulfilled. The positive side-effects of this process are that the presenting issue receives help, support, relief and solutions. In this way, friends, clients, students, fellow travellers have been able to unravel their stories, get clarity and meet their challenges and projects with empowered resolve.

This process reveals that within us all is the capacity to live, breathe and experience an enlightened life. When we know this truly, deeply, completely; then we have the resources (magic / power) that we need to meet our

- Health Challenges
- Relationship Conflicts
- Work Projects
- Self Confidence Deficiency

Absolutely any challenge or stuckness with understanding, and enlightened, focused, liberating power.

If you are interested in finding out more do check out the abundant resources on our website: www.emotionalhealthcentre.com

NB. The Evidence for Energy Therapy

LiberatingTouch® comes under the umbrella of Energy Psychology/Energy Therapy. Energy Therapy has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals.

Here is some of the research collated by Dr. Rangana Rupavi Choudhuri in her book, *'Heal your emotions to heal your life'*.

Positive emotions have a positive effect on our cells and internal make-up. Evidence for Energy Therapy like EFT is based on ground-breaking work from Dr Candace Pert and Dr Deepak Chopra. Research has shown that when we suppress our emotions, our DNA mutates and these mutations can then lead to disease. Conversely, when we welcome and free our negative emotions, our body, mind



and spirit naturally heal on its own accord. Emotional healing using Energy Therapy techniques can help us gain freedom from our emotions, creating a foundation for health, healing and vitality.

Dr Candace Pert, demonstrated that the mind is not confined to the brain. Instead, the mind is a 'flow of information' moving between all cells, organs and systems of the body. This in turn implies the body is not separate from the mind – rather, the body is the mind. Furthermore, research has shown that within the body is a class of tiny proteins called neuropeptides, which are responsible for our emotions. These neuropeptides are found within the body and the nervous system where they regulate our mood, behaviour and our health. In other words, emotions and neuropeptides influence the body-mind and are critical to our health, vitality and well-being.

A study conducted by the Heartmath Institute (www.heartmath.org) demonstrated that when study participants evoked strong positive emotions like love and appreciation, their DNA unwound and increased in length. When these same individuals experienced strong negative emotions, their DNA became shorter. In some cases their DNA codes were terminated. Interestingly, this process was reversed when the individuals switched back to experiencing strong positive emotions. This shows that as our emotions change, so does our DNA.

Dr Bruce Lipton, author of 'the Biology of Belief' expounded on this concept of changing our DNA with our emotions. In his book he described the process by which we can change our DNA and hence cells. In conclusion, by changing our beliefs, we can change our genetic make-up and live the life we want.

Acupressure Energy Treatment VS Cognitive Behavioural Treatment

Dr Feinstein conducted a study over a 5.5 year period with 500 patients with anxiety disorders (www.energypsychologyinteractive.com). The study compared an energy treatment that used acupressure points with Cognitive Behaviour Therapy (CBT). After the study, Dr Feinstein's team concluded that the acupressure point treatment was more effective than CBT in improving the patients' condition as well as demonstrating remission of symptoms.

ⁱ Choudhuri, Rupavi Rangana (2012) *Heal your emotions to heal your life*

