

Dearest Friends,

It is good to be back in St. Leonards on Sea, we love travelling and connecting with friends from all over the globe, at the same time we enjoy being back in the UK, unpacking, and getting ready for future travels. Feel grateful that we can do both. After our workshops in Malaysia and India we had so many emails and requests to facilitate workshops in different parts of the world, we will do our best to oblige, if you are keen to organise a workshop in your town, locality or country please contact us with details of the number of people that would be interested along with what their needs are. Firstly we need to have our travel and accommodation costs met, the rest is negotiable.

The Workshops

Eddie and I facilitated 3 workshops together. The first was in Malaysia, it was the Foundations of [EFT and LiberatingTouch](#), the 2nd in India, this was the Art of Liberating Touch and the 3rd also in Puttaparthi was a 4 day [Jin Shin Jyutsu](#) Self help class. There is so much that I would love to share about these workshops but I am very aware of wanting to respect the confidentiality of the participants. Needless to say, the stiff were able to bend, an insomniac able to sleep, the emotionally burdened able to unload, the grief laden experience the solace of truth, and the angry find peace. For us it was an incredible experience not least because of the miracle of somebody's 1 cm kidney stone dematerialising but because the constant flow of Grace. It was as if we were being showered with insight, inspiration, understanding and love. The beauty of sharing LiberatingTouch reminded us of the infinite grace we have, the magnitude of presence in our lives and the gift of transformation and Realisation we hold in our hands. It has been dawning on me that we have been awakened, that all this is about love, it is love that is breathing through me at this moment, although this mind disappeared for a while it reappears with insights about the delusion it creates, playing its part writing these words, aware there is a fire burning within beckoning back to the emptiness, the Self, the vastness, home, and yet this flame reaches out to you, whispering love into creation...

I am left speechless and grateful, we returned from the Far East completely content.

Below is a link to a few pictures,

<http://www.facebook.com/album.php?aid=162706&id=1089441896&l=cab2ecf181>

Without further ado here is the rest of our newsletter. Enjoy. Once again thank you for walking with us. Look forward to sharing more with you soon.

Wishing you all sweet divine nectar,
Eddie and Ranjana

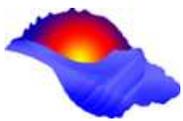
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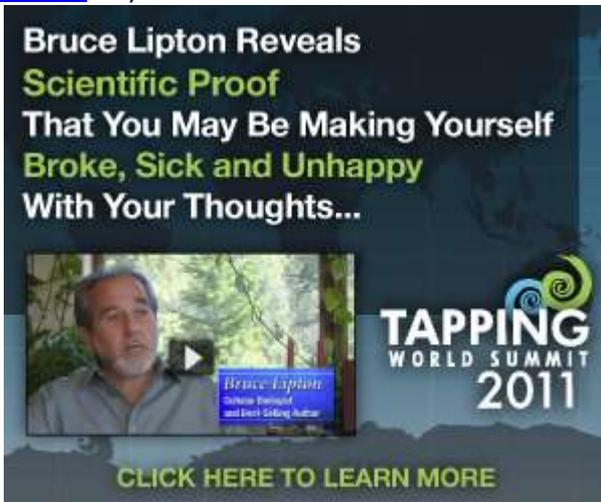
Focus on Energy Medicine – Energy Psychology and Loneliness

Recently I read this in the WDDTY email news, *“Can being lonely make you ill? It's known as the 'Roseto effect' - friendship and being part of a tight social group can keep us well. It is named after a small town in Pennsylvania where heart attack rates were virtually zero, even though the inhabitants were eating a high-fat diet, many smoked, and the men worked in slate quarries. As the town prospered, and people moved into bigger homes in the suburbs, their social groups got smaller - and their rates of heart disease rose to the national average.”* Interesting isn't it.

In all the years of practice as self help guides, we often encounter loneliness as a core issue underlying physical and emotional challenges. I have noticed that sometimes my client does not need a therapist but a friend. We encourage people to join our meditation group where we can meet as friends, or to find another group of likeminded people where they can make connections and find people to share their journey with. However some people are so scarred and scared that this is not an option for them. Some people simply lack the social skills to be with other people, then what? Well we use the Energy Psychology techniques like [EFT](#) and [LiberatingTouch](#) to help these people to not only make connections to others but to themselves. It is a profoundly moving moment when we see those who have been isolated, in pain or confused find others to walk with them and they in turn become beacons of light for someone else.



For those of you that are new to Energy Psychology, I recommend checking out the [Tapping World Summit](#) that begins on the 21st of February, it is a [free online event open to everyone](#). [Click here for more info](#) or you can check out our website.



Here is the link:

<http://www.thetappingsolution.com/cmd.php?Ck=4155760>

Pain and Painkillers – to have or not to have...

Below are two articles from the [WDDTY](#) newsletter that highlight the dangers of painkillers. The reason we share this is recently we have become aware how easily children are accessing painkillers and taking them for minor ailments. It is very easy to spout about these dangers when we are not in pain, but when we are in pain we simply want it gone. So this is not going to be easy to share. Our view is if you can manage pain through Energy Medicine, Energy Psychology or Nutrition, great, drugs are useful as a last resort. There are so many side effects that the temporary freedom from pain via drugs is sometimes ____ (I am leaving it to you to fill in the blank) ____ I wonder if there is a growing addiction to pain medication and if this is what is creating disharmony for some. **Surely if pain medication is used occasionally or when there is a real need then it is possible for the body to counteract the side effects.** Eddie and I have not had any pain medication in the last 20 years (except the 2 times I was in hospital under the surgeon's knife and then it left me feeling euphoric). This time in India Eddie ended up in bed with severe back pain, it was so bad that he was unable to move or eat, after 3 days of bed rest, TLC, Jin Shin Jyutsu, LiberatingTouch and water, he was back on his feet helping me move the

furniture. I have been taking Noni juice for years and over time my recurring menstrual suffering (I mean suffering) diminished and is now gone. Coincidence? When people ask us, what do we do about pain, this is our reply,

1. Noni Juice
2. **Bed rest (We cannot stress the importance of this enough)**
3. Jin Shin Jyutsu
4. LiberatingTouch

And in this order. It has worked for us so far. We are not knocking painkillers, they are conventional medicine miracles, but isn't it good to be able to make an informed choice, or at least a balanced one.

Common painkillers such as aspirin and ibuprofen double the risk of a heart attack, and triple the chance of stroke. Source: British Medical Journal, 2011; 342: c7086.

Two of the less common painkillers – Arcoxin (etoricoxib) and Voltarol (diclofenac) – were the most dangerous, quadrupling the chances of a fatal heart attack, say researchers from the University of Bern, Switzerland. The researchers were alerted to the potential dangers of anti-inflammatory painkillers following the withdrawal of Vioxx (rofecoxib) after it was found to cause heart disease and death.

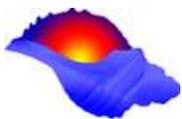
Vioxx was a COX-2 inhibitor, a 'new generation' anti-inflammatory supposedly safer than the older NSAIDs (non-steroidal, anti-inflammatory drugs), such as aspirin. But the researchers found that the risk exists across the entire family of drugs when they analysed the results of 31 drug trials, involving 116,429 participants. The researchers conclude that the drugs – many of which can be purchased without a prescription in pharmacies – are not safe, and should be taken with great care.

The WDDTY reported in December 2010 that, **Aspirin reduces cancer risk, but raises chances of stroke...**

The Oxford University professor Peter Rothwell, made the headlines in December with his aspirin study – which demonstrated that the painkiller reduces the risk of cancer by 20 per cent - wasn't telling the whole story. Just three years ago he discovered the drug was a major cause of stroke in the elderly.

His earlier findings may be the reason why Prof Peter Rothwell, at Oxford's Department of Clinical Neurology, wasn't as emphatic about taking aspirin as his cancer study warranted.

After announcing the findings, he cautioned: "I don't



think it's necessarily right for the person who did the research to say what guidelines should be. We can't say with absolute certainty that there won't be some unknown harm in taking aspirin for 30 years...people have to accept there's some uncertainty here."

But there isn't really any uncertainty. Prof Rothwell has already demonstrated that aspirin has caused a sevenfold increase in stroke over the past 25 years among elderly patients. At the time, he warned that aspirin could soon replace high blood pressure (hypertension) as the leading cause of stroke, especially among the over-75s.

He might also have had in mind a study from Eastern Virginia Medical School which discovered the drug is killing 20,000 Americans a year from gastro-intestinal bleeding – when the official records put the figure at just 59.

(Sources: Lancet, 2010; doi: 10.1016/S0140-6736(10)62110-1 – cancer study; Lancet Neurology, 2007;6: 487-93 – stroke study; Proceedings of the Annual Scientific Meeting of the American College of Gastroenterology, October 15, 2007 – GI deaths study).

You have at your fingertips the ability to

- Transform Negative Emotions
- Reduce Food Cravings
- Reduce Pain
- Manage Stress
- Implement Positive Goals

Do you want to learn how? We invite you to join us for a 2 day Introduction to LiberatingTouch & EFT and learn something no one can ever take away from you. More information including dates and times at www.emotionalhealthcentre.com

Focus on Natural Remedies: Beetroot

I recently read that in the Journal of Applied Physiology there was an article on how Beetroot juice helps the elderly enjoy a more active life. Apparently if you run out of puff, try drinking some beetroot juice. It can help you enjoy a more active life, especially if you are suffering from a heart or lung problem.

Research earlier this year showed that the juice extended exercise time among athletes by 16 per cent – but the same researchers have discovered that the elderly or those with a health problem can enjoy similar benefits. In a new study, researchers at

the University of Exeter discovered that the juice helped people use less oxygen when walking, reducing the effort by 12 per cent.

The juice widens the blood vessels, which lowers blood pressure and allows more blood to flow, and also reduces the amount of oxygen needed by muscles. (Source: Journal of Applied Physiology, 2010; doi: 10.1152/jappphysiol.01070.2010)

So of course it I researched further:

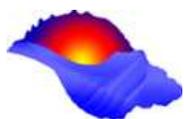
All the information here is available on the World Wide Web and some of it is from my mother who swears by beetroot. She has informed me that it keeps her regular and helps maintain her energy levels.

The red beet, commonly known as garden beet, is a juicy root vegetable. It is distinguished by its individual flavour. It is more colorful than other root vegetables. Beets have several varieties, which are grouped according to their shapes.

Beet is believed to be a native of the Mediterranean region Europe or around West Asia. It has been used as a vegetable for the last 2,000 years, even by early Greeks and Romans. It is now widely distributed in the tropics and is cultivated in the Caribbean, Malaysia, Indonesia, Philippines, Central, East and West Africa. In India it is cultivated for its nutritious roots.



This vegetable is considered to have many healing properties. It contains carbohydrates, mainly in the form of sugar, and it has a little protein and fat. Beet can be taken in a variety of ways. They are widely used in salads and in the preparation of pickles and chutney. They are



also baked like potatoes or boiled, steamed or cooked. They should be thoroughly washed before boiling and the skin should be removed before use. The leaves, like all green vegetables, should be cooked for only a short time, or they can be used in salads. The fresher the beets, the better the flavor and the quicker they cook. The beet juice is considered a health tonic. It is a rich source of natural sugar. It contains sodium, potassium, phosphorus, calcium, sulphur, chlorine, iodine, iron, copper, vitamin B1, B2, Niacin, B6, and Vitamin C. This juice is rich in easily digestible carbohydrates and yet its calorie content is low.

Beets are of great therapeutic value. They have properties to clean the kidneys and gall bladder. Being rich in alkaline elements, potassium, calcium, magnesium and iron they are useful in combating acidosis and aid the natural processes of elimination.

The red beet juice due to its higher content of iron regenerates and reactivates the red blood cells, helping to supply fresh oxygen to the body. In India it is used in the treatment of anemia. According to Dr. Fritz Keitel of Germany, "The juice of the red beet strengthens the body's powers of resistance and has proved to be an excellent remedy for anemia.

Beet juice is beneficial in the treatment of jaundice, hepatitis, nausea and vomiting, biliousness, diarrhea and dysentery. Adding a teaspoonful of lime juice to this juice increases its medicinal value and can be given as a liquid food in these conditions. Fresh beet juice mixed with a tablespoonful of honey taken every morning before breakfast helps in the healing of gastric ulcers. The leaves of beet root eaten as green-leafy vegetable and its juice, mixed with lime juice are also valuable in jaundice and gastric ulcers.

The cellulose content of the beet acts as a bulk residue and increases peristalsis and eases the passage of stool. Its regular use thus prevents habitual constipation. A decoction of the beet root is supposed to be effective in chronic constipation and piles. The beet juice also acts as a solvent for inorganic calcium deposits and has been used by some for managing hypertension, arteriosclerosis, and varicose veins

I also found that some people used it for skin inflammation and pimples and dandruff. Beetroot anyone?

Upcoming Events – Now you know what we are up to...

Weekly Meditation Group, Every Thursday

Time 7pm to 8pm
Cost Free

Energy Psychology Self Help Support Group

2011 Dates: 1st Sunday of every Month

March 6
April 3
Time 2pm to 4pm
Cost Free

Energy Psychology Mentoring Group

April 3
September 4
Time 10am to 4.30pm
Cost Free - Only open to all Emotional Health Centre EFT L2, L3 and LiberatingTouch Students, Practitioners and Facilitators

The Fundamentals of EFT (Emotional Freedom Techniques AAMET Level 1) & the Foundations of LiberatingTouch

March 12 & 13
April 9 & 10
Time 10am to 5.15pm
Cost £95 for new students
£45 for review students

AAMET Practitioner EFT Level 2 Training

March 19 & 20
Time 10am to 5.15pm
Cost £195 for new students
£65 for review students

LiberatingTouch in Depth Seminars

May 24 – 31
November 11 - 18
Time Daily 10am to 5.15pm
Cost £800 for new students
£400 for review students
Concessions are available

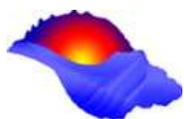
Jin Shin Jyutsu Self Help Weekends

February 26 & 27
June 11 & 12
Time 10am to 5.15pm
Cost £95 for new students
£60 for review students

Loving the World, Serving the World, Healing the World

July 23 & 24
Time 10am to 5.15pm
Cost £145 for new students
£95 for review students

[For a printable version of our 2011 workshop dates click here](#)



Loving the World, Healing the World – A new workshop in 2011 on Intentional Energy Healing

I have lost count of the number of times Eddie I have been asked when are we going to do a workshop on Surrogate EFT, on Proxy Energy Healing, on distance or remote energy work... We have now one scheduled for July 23rd and 24th, in St Leonards on Sea. We will be dedicating a whole weekend to this fascinating area of Intentional Energy Healing. With you we will explore, experiment, and share what has worked best for us over the years. Below are some of the frequently asked questions that we will be investigating:

- What sort of connection do you need to do intentional LiberatingTouch for someone i.e. what if you haven't met them before?
- What are the limits of surrogate tapping?
- How can I protect myself from other people influencing me?
- What else can I use to enhance distance healing?
- How important is it to try and feel the thoughts of someone else when doing it?
- Is it better to say the words out loud?
- In your experience, what sorts of situations have not worked for the surrogate tapping?
- Can you LT for a group of people at the same time?
- How important is it to gain the spiritual permission of someone you tap for?
- Do you believe in karma or the law of attraction?

Just had to share a poem I wrote a few days ago...

*Have you ever been to the place where heaven and hell meet?
I have, in the crossroads of my mind.
It is a mysterious place where the dance of love keeps a steady pace,
where all fear is met with a reassuring smile,
where bliss fills the crevices that despair had once created,
where a broken heart is whole again,
where a confused, burdened mind finds peace in letting go.
I only found this place because my Beloved took me there.*

Conversations and letters – your input

A friend from Singapore sent us this. Thought you might appreciate it

The Beauty of Mathematics!!!!!!!

$$1 \times 8 + 1 = 9$$

$$12 \times 8 + 2 = 98$$

$$123 \times 8 + 3 = 987$$

$$1234 \times 8 + 4 = 9876$$

$$12345 \times 8 + 5 = 98765$$

$$123456 \times 8 + 6 = 987654$$

$$1234567 \times 8 + 7 = 9876543$$

$$12345678 \times 8 + 8 = 98765432$$

$$123456789 \times 8 + 9 = 987654321$$

$$1 \times 9 + 2 = 11$$

$$12 \times 9 + 3 = 111$$

$$123 \times 9 + 4 = 1111$$

$$1234 \times 9 + 5 = 11111$$

$$12345 \times 9 + 6 = 111111$$

$$123456 \times 9 + 7 = 1111111$$

$$1234567 \times 9 + 8 = 11111111$$

$$12345678 \times 9 + 9 = 111111111$$

$$123456789 \times 9 + 10 = 1111111111$$

$$9 \times 9 + 7 = 88$$

$$98 \times 9 + 6 = 888$$

$$987 \times 9 + 5 = 8888$$

$$9876 \times 9 + 4 = 88888$$

$$98765 \times 9 + 3 = 888888$$

$$987654 \times 9 + 2 = 8888888$$

$$9876543 \times 9 + 1 = 88888888$$

$$98765432 \times 9 + 0 = 888888888$$

Brilliant, isn't it? And look at this symmetry:

$$1 \times 1 = 1$$

$$11 \times 11 = 121$$

$$111 \times 111 = 12321$$

$$1111 \times 1111 = 1234321$$

$$11111 \times 11111 = 123454321$$

$$111111 \times 111111 = 12345654321$$

$$1111111 \times 1111111 = 1234567654321$$

$$11111111 \times 11111111 = 123456787654321$$

$$111111111 \times 111111111 = 12345678987654321$$

This made me think, what would be a mathematician's view on life. Perhaps they would see the past as solved or unsolved equations, the future as predictable and unpredictable possibilities, the present as a perfectly balanced inhalation and exhalation with ∞ as a final outcome.