

Emotional Health Centre News

Essential focus on freedom, health and happiness www.emotionalhealthcentre.com

Dearest Friends,

Thank you for your letters, emails, cards and phone calls. We have just returned from our 7 week journey to the Far East. We are still integrating all that we experienced and learnt. If you would like to see some of our photographs here are a couple of links:

<https://www.facebook.com/media/set/?set=a.2986354493109.208574.1089441896&type=3&l=85a65b6be5>

<https://www.facebook.com/media/set/?set=a.2986412374556.208576.1089441896&type=3&l=60e1e6fd5f>

I am beginning to see growth as an unfolding that expands through time and space in all directions, backwards, forwards, up and down, going beyond all know boundaries of time and space. It is not simply a progression in one direction, it is an expansion that dissolves all limitations till we experience the freedom of Knowing we are Eternal, we are Truth, we are It is hard to describe what I learnt. Below are a couple of entries from my journal (Patience was a constant theme.):

"In a patient heart, spontaneity arises like the dawn chorus, filling every molecule with the song of Love, proclaiming and inspiring divine activity."

"Deep patience allows, being and becoming, effortless bliss."

We are looking forward to seeing some of you at our upcoming workshops. We will be presenting the EFT and LiberatingTouch Foundations workshop in Feb in Hastings and Potters Bar; we are also facilitating a Jin Shin Jyutsu Self Help weekend in Feb. In March there is the EFT Practitioner training, Mentoring and our JSJ FUN weekend. Also in March I will be in the New Forest sharing EFT

and LiberatingTouch during an Emotional Detox retreat at Chewton Glen. In April Eddie and I are organizing the 5 Day Jin Shin Jyutsu Seminar presented by Carlyse Smyth. I think that's it. Oceans of Love and Gratitude and good wishes for 2012, Ranjana and Eddie

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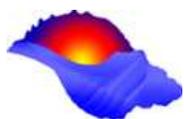
- Focus on Energy Medicine – The Yoga of LiberatingTouch
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- Focus on Natural Remedies: Aromatherapy
- A simple and powerful exercise for wellness
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Focus on Energy Medicine – The Yoga of LiberatingTouch®

In 2009 when Eddie and I first began to formalise LiberatingTouch, one of the many insights I had was that LiberatingTouch was also the Yoga of Self Realisation. I did not understand it at the time. I have always known that the meaning of Yoga is "the process of merging" into God - Creator-Source, Omniscient, Omnipotent and Omnipresent Consciousness. But how this related to LiberatingTouch was unknown to us.



When we were conducting the workshop in Penang I had one of those moments when everything dissolved and I was centred in Presence, at that moment I heard the beautiful sweet voice of our spiritual master describe and reveal that Liberating Touch is an amalgamation of the 4 yoga paths required to Self Realise. It utilises Jnana Yoga, the process of awakening through meditative inquiry which is incorporated in the 2nd and 3rd tenet of LiberatingTouch). It includes Bhakthi Yoga, the path of yearning, love and devotion which is experienced through Jin Shin Jyutsu and unconditional listening incorporated in the 2nd, 3rd and 4th Tenet of LiberatingTouch. Raja Yoga, or the inward Self revealing journey of meditation is the focus of the 1st tenet and the Tree meditations. The 4th Yoga, Karma Yoga, the path to Divinity through ethical action and service is integrated in the 2nd and 3rd tenet with EFT (Emotional Freedom Techniques). In the 2012 newsletters I will



write more about these insights. Most of us think of Yoga as exercise, as a way to stretch, become fit and flexible, but even this kind of Yoga is profound. One of my enlightening (awakening) experiences occurred while i was engaged in the hatha yoga exercise of the Sun Salutation. Now I am beginning to understand why LiberatingTouch works the way it does, it stretches the mind, investigates attachments and fear, dissolves stories, strengthens faith and Self confidence, illuminates the heart and frees us to be all that we are, beyond the constraints of physicality, time and space....More Later. ;-)

The next article is from one of my favourite sources: <http://www.wddty.com/>

Ginger may be a powerful fighter against colon cancer

Ginger, the popular spice, may help prevent colon cancer. It reverses colon inflammation, a key marker for the cancer – and the effect was seen



after just 28 days.

The spice – which is the root of the *Zingiber officinale* plant – reverses inflammation by blocking eicosanoids, special signalling molecules in the central nervous system, which control the immune response of inflammation.

Researchers witnessed a ‘significant reduction’ in colon inflammation in a group of volunteers who took 2 g of ginger every day for 28 days compared to another group that were given a placebo.

The research team from the University of Michigan carried out the latest trial after discovering the spice the incidence and number of tumours in rats. (Source: Cancer Prevention Research, 2011; 4: 1-9).

Focus on Natural Remedies: Aromatherapy

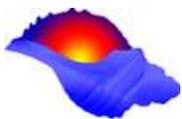
Aromatherapy is the practice of using aromatic oils in a therapeutic way. It is an ancient treatment, dating back thousands of years to Egypt, China and India. The traditional methods of producing the oils involved soaking flowers and other aromatic plants into fats and oils. Today, combinations of oils are used for aromatherapy treatment, including essential oils and natural infusions.

Aromatherapy can be used to maintain a healthy lifestyle and soothe everyday stresses and strains. The natural oils are massaged into the skin in a gentle motion, helping you feel relaxed and revitalised. The molecules from the airborne oils can also pass through the olfactory tract into the brain, where the fragrance is perceived. In this way, an aromatherapy treatment can also contribute to mental and emotional wellbeing.

It is believed that the inhalation of essential oils stimulates the part of the brain connected to smell - the olfactory system; a signal is sent to the limbic system of the brain that controls emotions and retrieves learned memories. This causes chemicals to be released which make the person feel relaxed, calm, or even stimulated. There was a study done which suggested that using essential oils when preparing for exams can enhance memory and reduce stress.

The word aromatherapy was coined in the 1920s by French perfumer Rene Gattefosse. Gattefosse became an aroma therapist after healing his severely burned hand with lavender oil. The “father of medicine” Hippocrates is said to have practiced aromatherapy for its healing purposes

Aromatherapy is generally applied in one of three ways:



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Aerial diffusion - the oils evaporate into the air. The aim is to give the air a specific fragrance or to disinfect it.

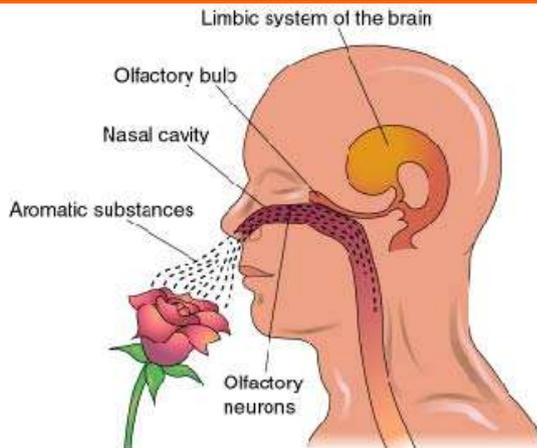
Direct inhalation - the person breathes the evaporating oils straight in. This is commonly used for respiratory disinfection, decongestion, as well as for psychological benefits.

Topical applications - applied onto the skin. Commonly used for massage, baths, and therapeutic skin care.

Aromatherapy has been used for:

- Anxiety
- Stress
- Insomnia
- Muscular aches
- Body aches
- Headaches
- Circulation problems
- Digestive problems
- Menstrual problems
- Menopausal problems

[Depression](#) - a study found that women with depression have their sense of smell affected. It adds that women who receive aromatherapy and suffer from depression may benefit from the treatment.



adversely affecting the surrounding tissues. Studies supports the protective effects of essential oils against common bacteria, fungi and viruses, including those found in hospitals. One French study investigated how well essential oils in the form of vapour wiped out bacteria such as *Staphylococcus*, *Streptococcus* and *Proteus*. Results showed that, within three hours, 90 per cent of the microbes were dead, and that the most potent oils were clove, lavender, lemon, marjoram, mint, niaouli (*Melaleuca quinquenervia*), pine, rosemary and thyme (*Chir Dent Fr*, 1976; 46:

53). Cinnamon has also been shown to have powerful antibacterial and antifungal effects (*Pharmazie*, 1980; 35: 698-701). Other essential oils with significant antimicrobial activity include eucalyptus, tea tree, juniper, oregano, sage and anise."

<http://www.wddty.com/beating-mrsa-the-aromatic-way.html>

My 4 favourite ESSENTIAL essential oils are:

- Rose
- Frankincense
- Lavender
- Tea Tree

In this year's newsletters we will share with you the many benefits of these ancient essential oil remedies.

Thank you Augustus (our dear friend in Singapore) for sharing this exercise with me.

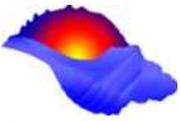
A simple and powerful exercise for wellness

There are days when I get caught up in our sedentary lifestyle and leave little time to give the body the movement and rest it requires. Apart from my 40 minute hatha yoga morning routine I can forget to stretch. So when I got this email, it was a boon and as always i needed to try it before sharing. It really is a real simple exercise to help you increase your energy...

Lie down on your back, raise your legs as shown in the photo – 90 degree at thighs with body, 90 degree at knee joints, 90 degree at ankles – and keep this posture for as long as you can manage and then add on the minutes. That's it. It is suggested one does this for 15 minutes or longer, but i found just a couple of minutes were sufficient to recharge and revitalise. The most i have ever done this exercise for is 5 minutes.



The [Wddty](#) notes, "...unlike antibiotics, which wreak a random path of destruction, essential oils have the advantage of effectively killing pathogens without



Notes from the email that i received below, I do not know if this can be verified but i did find the notes very informative and i did notice a change in my energy levels every time i used this exercise for 2 minutes:

- 1) Drink before and after the exercise 300cc of warm water. Breathe normally, don't hold your breath. Using the energy from your waist and "Dan tian" hold your legs in the illustrated posture for as long as you can manage.
- 2) When you are lying down in this posture the blood will flow back to your liver and kidneys allowing them to detox and increase your metabolism. You will feel different sensations in your legs and your pituitary gland will be activated to hasten the detox process and the toxins in your body will be excreted.
- 3) When you are lying in this posture, your body is being strengthened from the inside and all your cells are getting a workout. Your minute skin pores will be opened to help with the "detox" process.
- 4) Since you are using your waist's energy to support the legs, your Shenqu (CV 8) and Ming Men (GV4) of the main acupressure points are being used to do the breathing, your front and back main Meridians will be cleared and connected. By breathing with awareness on the Dan Tian, you will help the lungs and your heart functions. The result is that your blood pressure will also come into harmony with the deepening breath.
- 5) When you sweat, the acidic toxins will be excreted and your blood lipid (fatty deposits) will be burnt. Spleen is in charge of our 4 limbs. Therefore,

your blood sugar level will also be stabilized with the result your spleen function is being improved. So you will feel more calm and gentle.

6) When your legs are up, your small intestine's movement will be activated and your bladder's muscles will be stronger. Therefore, constipation, abnormal menstruation, prostate problems can all be avoided. Also, once your digestion and excretion systems are in order, you will have good appetite and can maintain your normal body weight.

7) When your legs are up, your spine is straight. That means your whole body's muscles will be strengthened. Qi and blood will flow smoothly throughout your body. Your joints can easily have more bone marrows and the nerves alongside your spine are well connected with all parts of the body. Thus degeneration of joints and growth of bone spurs can be avoided.

8) When your legs are up, all your inner organs are working in harmony. Your burden on your brain will be less and thus it can function better, resulting in a clear head, better memory and no more insomnia. Also you will have better tolerance and stronger will power. Therefore, the longer you can hold up your legs in that posture, as they say in china, *"the better and long living you will be."*

My Beloved Heart whispered to me "Be patient"

When I asked when, how, why, My Beloved Heart whispered to me "Be patient"

After you have sown the seeds of Love and Truth...

Be Patient, love and serve

Be Patient, breathe and smile

Be Patient, inquire and listen

Be Patient, rest, work and play

Be Patient, notice the tides of pain and pleasure

Be Patient, open the heart and still the mind

Be Patient, dance and sing

Be Patient, enjoy the sun rise and set without counting the days

Be Patient, share nourishment and stories of love

Be Patient, watch the seeds sprout, take root and grow, all the mysteries of the universe reveal themselves to those willing to wait.

Love and Truth is what you are...