

Dearest Friends,

It has been an amazing few months full of surprises, twists and turns. Sunny spells followed by rain, and cold weather, rainbows and silver skies, announcements of death followed by news of birth. As if all of nature is singing "Love my uncertainty". Have been "playing" a lot with the notion of time and timelessness, time and space, the exhale and the inhale. I notice that so many of us (generic reference) adopt other people's rhythm and wonder why we feel disconnected and exhausted, it takes great courage to stop and try out different rhythms, until we find our own, this then completely changes our journey home, our journey of SELF actualisation.

Talking about journeys, Eddie and I will be travelling to the Far East in July sharing LiberatingTouch as well as spending time in contemplation and with family.

I occasionally re-read articles, emails, and notes that I have collected before compiling this newsletter. A few insights...that I jotted down in 2008 (4 years ago!!) were:

"Argue for your limitations, and they are yours."

"Every person, all the events of your life, are there because you have drawn them there. What you choose to do with them is up to you."

"Learning is finding out what you already know. Doing is demonstrating that you know it. Teaching is reminding others that they know just as well as you. We are all learners, doers, and teachers. But most importantly we are deciders. We choose to learn or not."

"You are never given a wish without also being given the power to make it come true."

For those of you that wanted to know about our upcoming workshops, here is a link: [http://www.emotionalhealthcentre.com/Design/Asets/pdf/Workshop%20Dates.pdf](http://www.emotionalhealthcentre.com/Design/As%20sets/pdf/Workshop%20Dates.pdf) We look forward to sharing the Love of Truth (the basis of all our workshops) with you. Our next 8 Day LiberatingTouch workshop in St. Leonards on Sea, East Sussex, UK, will be on the 11th to the 18th of August. YAY!!

Newsletter Contents

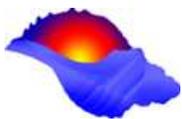
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The Importance of Support

This is an area i feel passionate about. I encourage all our clients, friends, trainees, family members to create a support network around them. It does not matter how you do it, whether it is via social media like facebook, joining the gym, going to church, seeing a therapist/s on a regular basis, being part of a community, business networking, joining a craft circle, or simply joining a meditation group.

Having a support network in place can make a big difference to your quality of life. Create or join a support network. Support is a big part of our lives, Eddie and i support each other by giving each other sessions every week, we have friends that support us with veggies from their allotments and fresh local honey, I have a few therapists that i check in with on a regular basis (monthly, or quarterly or annually) for my own smooth running. I see [Angela Kirk](#) for unwinding, clearing and diving deep into rest, i see [Elaine Copeland](#) for her unique blend of Shamanic Kinesiology, Eddie and i see [Shirley Learheart](#) annually for our health checks, when i need a Shiatsu or rejuvenance [Valerie Dobson](#) comes to my rescue, my sister, [Rangana Choudhuri](#) is always a phone call away and what would i do without our many friends. Also i make sure that i speak to [Martine Moorby](#) monthly for Mentoring Support, for keeping us on track with our professional development. Eddie and I also enjoy the support of the wonderful and loving Jin Shin Jyutsu community, AAMET members and all our students and [EHC practitioners](#). (THANK YOU, and THANK YOU to those of you i have not mentioned here...we cherish your support)

The most vital way that Eddie and i support ourselves is through our spiritual practices, we both meditate, participate in devotional singing, and practice Self Help LiberatingTouch and Jin Shin Jyutsu. We created a monthly Emotional Freedom Support group in 2003



and it is still going strong, we also facilitate a weekly(ish) meditation group. And this list is just a fraction of the big picture.

Support enriches, nourishes and keeps us in harmony with the world around us. I recommend it highly. Below is a picture of Catherine and me supporting each other :-)



Fascinating News from www.wddty.com

Dark Chocolate: Yummy, Healthy and Healing

Imagine this: your doctor takes your blood pressure, finds it's a bit on the high side and, rather than reaching for the prescription pad, tells you to go to the health store and binge on dark chocolate. Ridiculous? Not according to Italian doctors, who recently tested the effects of chocolate on people with mildly elevated blood pressure. In their randomized clinical trial, they found that eating an entire 100-g bar of dark chocolate (but not white chocolate) every day dramatically reduced blood pressure (BP). Systolic BP plummeted by an average of 11.9 mmHg, and diastolic BP by 8.5 mmHg-making chocolate as effective as many of the high-blood-pressure drugs currently on the market (Hypertension, 2005; 46: 398-405).

Recently, doctors at the University of Cologne in Germany repeated the trial, this time using considerably smaller amounts of chocolate (just 6.3 g), but even this had measurable benefits. In this case, BP was reduced by almost 3 mmHg, a small-but nevertheless significant-effect.

ANGELA KIRK'S HOMEMADE LOVE CHOCOLATE IS THE BEST CHOCOLATE AVAILABLE IN THIS SIDE OF THE WORLD!! HER NUMBER IS: 0750 0060 623

Raised blood pressure doesn't cause heart problems if you are over 60

Once you reach the age of 60, you will probably be told to start taking an antihypertensive, a drug to lower your blood pressure. It's one of the routine medications offered to older people as a just-in-case therapy – but the doctor couldn't be more wrong, new research has discovered.

Raised blood pressure which is in the 'high normal' range becomes less of a risk factor as we get older, and doesn't cause cardiovascular disease or coronary heart disease, as doctors have believed for the past 50 years or more.

Drugs to lower blood pressure should be given only to people who are younger than 60 years, say researchers from the Prevention of Metabolic Disorders Research Centre in Tehran, Iran. There is still evidence that raised blood pressure in the middle-aged can cause serious health problems, they say.

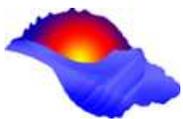
Their findings were based on a major study of 6,273 people aged from 30 years and older, all with varying degrees of hypertension, who were monitored for more than nine years.

(Source: World Congress of Cardiology, April 20, 2012).

Focus on Energy Medicine – LiberatingTouch® – An experiential sequence

Based on the 4 eternal tenets of Truth, Self Responsibility, Peace and Love, LiberatingTouch® is a combination of practical processes that can be used by anyone on the journey of Self Realisation.

Below is one of the LiberatingTouch Sequences for when you are feeling stuck or unable to find balance, unable flow into harmony, or you find yourself in repetitive emotional and physical distress...try the following Sequence with Meditative Inquiry and Unconditional Listening while holding the Energy Balancing Locations and / or simply holding the fingers:



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Step 1: Tune into the issue after having connected to the Higher Self via the Tree ([more info in our free into manual online](#))

Step 2: Create a safe space around the issue (you can use the infinity exercise)

Step 3: Notice how the issue impacts all areas of your body, mind and life (articulate your observations while holding Energy Balancing Locations)

Step 4: Drop further into a relaxed aware state (you can hold the fingers one at a time to take you deeper in) and inquire, let the answers arise from the Heart, if none are forthcoming stay with the questions:

- What do I need to learn from this to have a breakthrough?
- What insight is hidden in this situation?
- What if I / my Heart, is open to experiencing this?
- Am i willing to experience this and learn from this?

LiberatingTouch is a dynamic process that blends EFT with Jin Shin Jyutsu, common sense with explorations in subtle energy, investigations into the way the mind stores suffering and the Transformative Power of Love. LiberatingTouch is a way of undoing 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, Compassion and Peace.

www.emotionalhealthcentre.com



I recently discovered this website – Incredible Healing Journals - that is dedicated to healing the world with true stories!
Worth checking out:

<http://incrediblehealingjournals.com/category/find-a-story/>

"Our mission at IHJ is to provide a platform for a kind and caring community healing and teaching each other in a helpful and supportive way."

Focus on Natural Remedies: Aromatherapy – Lavender

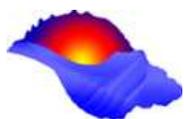


I was actually amazed how many studies there are on the efficacy of Lavender. I know i never leave home without it. I have a bottle under the stairs and one in the bathroom cabinet. I find it such a lovely and quick cleanser, which seems to instantly have a relaxing effect.

We have used Lavender oil in baths, or put on a cotton ball and placed inside a pillowcase to go to sleep. Whenever i am in a new hotel room i sprinkle our pillows with lavender so it feels more like home. I have added Lavender flowers to tea for a pleasing, soothing aroma and so on...

I have heard that Lavender also may alleviate gas and bloating in intestines, as most herbs high in volatile oils are reported to do. One of lavender's volatile oils, linalool, has been found to relax the bronchial passages, reducing inflammatory and allergic reactions. Lavender is sometimes included in asthma, cough, and other respiratory formulas. Linalool is also credited as an expectorant and antiseptic.

The name lavender comes from the Latin root lavare, which means "to wash." Lavender may have earned this name because it was frequently used in baths to help purify the body and spirit. However, this herb has also been used as a remedy for a range of ailments from insomnia and anxiety to depression and fatigue. Research has confirmed that lavender produces slight



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calming, soothing, and sedative effects when its scent is inhaled.

Medicinal Uses and Indications:

A number of studies have reported that lavender essential oil may be beneficial in a variety of conditions, including insomnia, alopecia (hair loss), anxiety, stress, and postoperative pain. However, most of these studies have been small. Lavender is also being studied for antibacterial and antiviral properties. Lavender oil is often used in other forms of integrative medicine, such as massage, acupuncture, and chiropractic manipulation.

Insomnia or Agitation

In folklore, pillows were filled with lavender flowers to help restless people fall sleep. Scientific evidence suggests that aromatherapy with lavender may slow the activity of the nervous system, improve sleep quality, promote relaxation, and lift mood in people suffering from sleep disorders. Studies also suggest that massage with essential oils, particularly lavender, may result in improved sleep quality, more stable mood, better concentration, and reduced anxiety. In one recent study, people who received massage with lavender felt less anxious and more positive than those who received massage alone. Several small studies suggest that lavender aromatherapy may help reduce agitation in patients with dementia. Lavender flowers have also been approved in Germany as a tea for insomnia, restlessness, and nervous stomach irritations.

Alopecia areata

In one study of 86 people with alopecia areata (an autoimmune disease that causes hair to fall out, often in patches), those who massaged their scalps with lavender and other essential oils daily for 7 months experienced significant hair regrowth compared to those who massaged their scalps without the essential oils. However, there is no way to tell whether it was one or the combination of oils that was effective.

Other uses

Aromatherapists also use lavender in inhalation therapy to treat headaches, nervous disorders, and exhaustion. Herbalists treat skin ailments, such as fungal infections (like candidiasis), wounds, eczema, and acne, with lavender oil. It is also used in a healing bath for joint and muscle

pain. One study evaluating treatments for children with eczema found that it was therapeutic touch from the mother that improved symptoms; in other words, massage with and without essential oils (including lavender) both reduced the dry, scaly skin lesions. Another study found that lavender oil may improve pain control after surgery. Fifty patients undergoing breast biopsy surgery received either oxygen supplemented with lavender oil or oxygen alone. Patients in the lavender group reported better pain control than patients in the control group.

Read more at:

<http://www.umm.edu/altmed/articles/lavender-000260.htm#ixzz1xhiWIA5n>

Letters and Conversations:

Thank you Kim for giving me permission to share this beautiful poem:

Dear Ranjana

I was doing yoga this morning and using my pink book from the retreat when I came across a poem I had forgotten I'd written in there. It bizarrely was written in my evening pages after my first session with you. It made me cry (again) but I love it. Thank you for helping me.

Dear Heart

*It's safe to open up and love again
It's been a long time
Don't be afraid my love
You will love again
It's time to live your life
No need to hide
Come and together we'll bring
love and happiness to all
There is nothing to fight
Only sanctuary to have in
"I love you"
Thank you for coming back to me*

Love Kim xxx

That's it for now. Hope you enjoyed the newsletter. Till we meet again, oceans of Love and nectarine joy, Ranjana and Eddie

Ps. It will be difficult getting hold of us till the 1st of August. The best way is to email us and we will do our best to respond fast.