

Dearest Friends,

Spring is finally in the air. Eddie and I have just completed our physical detox and liver flush so we are ready for the year ahead with renewed vigour.

We have also been “playing with” and diving into the energy of Forgiveness but more about that later in the newsletter.

*“To forgive is to live in truth. It requires unflinching honesty and fearless Self acceptance. Forgiveness keeps us from distorting our experiences and prevents us from deceiving ourselves or others.”*

Once again thank you for all your feedback and support especially in relation to the website – [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

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## Latest news:

**The Next Heart of Understanding 8 Day LiberatingTouch® Class – is on the 20-27 April 2013**

If you are interested in exploring practical ways to heal the mind and liberate it from fear and attachment and to illuminate the immense power of the Heart (the source of infinite intelligence) then this might be a life enriching week. The only prerequisite for attending is the EFT & LiberatingTouch® Foundations weekend workshop or a 2 hour bespoke phone session - this will help you prepare for the intense journey of Self discovery.

We invite you to join us in creating this sacred space of Loving Integrated Awareness.

**We will also be facilitating a one off Self Help Jin Shin Jyutsu R&R Weekend in Oxfordshire on the 8<sup>th</sup> and 9<sup>th</sup> of June. Luisa Anderson will be hosting this in her beautiful residence.** The next Introduction to LiberatingTouch® & EFT weekend is on the 22<sup>nd</sup> and 23<sup>rd</sup> of June 2013 and more info is on our website.

## Why Detox?

Every time Eddie and I embark on our detox program we are often asked, why detox?

We suspect there is trepidation and concern about discomfort underlying this question. During the elimination period (eliminating foods that stress the body and excreting toxins from the body), it can feel uncomfortable but it passes. It is great to give the body a chance to be nourished on Super foods, to take a break from the daily dose of caffeine, break the sugar cycle, to take herbs that kill parasites and to “poop” a lot. I love the feeling of giving my insides time to unload and revitalise. Also when we detox Eddie and I have extra Jin Shin Jyutsu sessions and always make sure we have a session of LiberatingTouch® each. The most notable effect of these cleanses is not just the feeling of being squeaky clean on the inside, but feeling an exponential leap in our awareness, vibration and inner clarity.

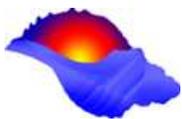
## Liberating Forgiveness

This year i embarked on a shared journey of forgiveness. It started off as a simple question on Facebook – “Would you like to join me on a 40 day journey exploring Forgiveness?” The support and enthusiasm that followed lead to a profound journey.

Forgiveness is something that freed me to be kind to myself and to contentedly open to reality. You may be interested in the article i wrote a few years ago on Self Forgiveness –

<http://emotionalbuzz.com/articles/article104RA/index.html>

Eddie and I have been diving deep into the realm of forgiveness for a few years now and are aware that with clients we rarely bring up the subject of forgiveness unless it arises. Practising the process as outlined below changed this viewpoint and we have



begun broaching the subject pretty much head on and the response has been incredible. Even new clients found it liberating. I am now realising that for some beginning self healing with forgiveness actually clears the way for the deeper work. Sometimes forgiveness is the key to unlocking our understanding of the powerful sabotaging force of resistance.

If you would like to try this process, simply hold (touch) the energy balancing locations or hold the fingers while repeating the following 4 phrases daily gently.

- *What if i could forgive myself absolutely now?*
- *What if i could forgive others totally now?*
- *Who would i be if i was free to understand, forgive and love now?*
- *Am i willing to experience the energy of joyous loving forgiveness now?*

For those of you that are resistant to forgiving, it is ok to feel resistance that too is something we can forgive eventually ;-). One of the reasons for this reluctance to forgive is cultural inheritance... The question is: is it worth waiting for justice, vengeance, payback, understanding, punishment, approval and so on, or is being free more important to you?

Here are 2 questions of the many that showed up-

### **Will this process help my back pain?**

It could. Try the process of holding the fingers while tweaking the questions –

- What if i could forgive all the ways i have

contributed to this absolutely now?

- What if i could forgive my body totally now?
- Who would i be if i was free to understand, forgive and love everything that led up to this now?
- Am i willing to experience the energy of joyous loving forgiveness in relation to the pain now?

### **Can I use this to stop reacting to my partner?**

Sure, it is worth giving it a go. Use the process by tweaking the questions –

- What if i could forgive my reactions absolutely now?
- What if i could forgive my partner totally now?
- Who would i be if i was free to understand, forgive and love my partner now?
- Am i willing to experience the energy of joyous loving forgiveness with my partner now?

Reeta wrote,

*“Forgiveness is a key that is unlocking my doors to greater freedom and liberation.”*

Manjusri wrote,

*“A wonderful warmth and calm washed in within seconds of starting this. Beautiful and very welcome. 3rd question had the most impact - big contemplation going on at a cellular level on that one! Its been a time of very intense and deep work recently, so this process is perfect - gentle yet strong, supportive yet incisive. Deep gratitude xxx”*

I believe that each one of us has an inborn need to grow, to integrate our fragmented sense of self, to make sense of memories and experiences, to know what keeps our heart beating. Forgiveness plays an important part in this process of expansive integration.

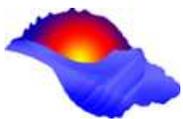
Feel free to tweak and play with the process. Of

*What if i could forgive myself absolutely now?*

*What if i could forgive others totally now?*

*Who would i be if i was free to understand, forgive and love now?*

*Am i willing to experience the energy of joyous loving forgiveness now?*



course you can always book in a session and we can dive deep together.

## Focus on Self-Healing with Exercise – Body Shaking

Here is another great less than 5 minute Self-Healing Exercise (We incorporate this in the 8 Day LiberatingTouch® Class)

### Body Shaking:

To begin, stand in a shoulder-width stance. Start the movement from the bottom of your feet—not your ankles. Shake in an up-and-down-motion. Be gentle. Breathe freely and fully. The arms can be either hung loose or actively shaken in concert with the rest of the body. Shake for a minute to several minutes (I do 1 to 3 minutes). Finish the exercise by making the motions smaller and smaller until they are physically imperceptible. Then be still and feel the continuing internal vibrations. You will feel warm, tingly, and open with increased blood and energy flow.



Find just the right speed and intensity of shaking for you. If you shake too hard or too fast, it might tense you up. If you don't shake with enough movement, it won't relax your body and warm you up as well. If anything at all hurts with the shaking, find a way to shake easier,

smaller. Relax into the shaking and you may notice that your body begins to take a life of its own.

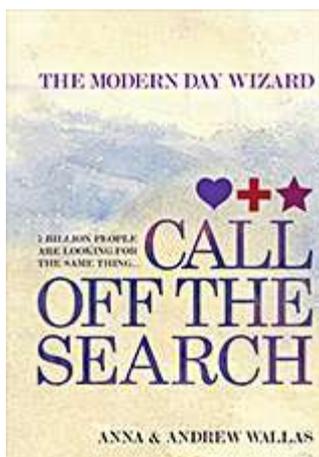
Imagine the cells of your body opening and releasing old, used up energy to be washed into the ground. Visualize this cellular cleansing while intending a downward energy flow. As you shake, old, stagnant, or toxic energy will sink into the ground, like rainwater washing dust off a tree. Let the space between your cells expand. Sense your energy field begin to brighten and strengthen in intensity.

## Resources and Books –

We are often asked about how to create your own website. This may be a good resource <http://www.wix.com/>

## Call of the Search - by Anna and Andrew Wallas

Eddie and I have had the joy and privilege of meeting and working with [Anna and Andrew Wallas](#)



who have recently published, “Call of the Search”. I had mentioned their book to a few of our clients and one of them was particularly affected, she said she cried and laughed while she read it, but most importantly it gave her insight into her own relationship. The book is incredibly well written, engaging and full of insights. They write with

agonising honesty about confronting taboos such as hatred, revenge, shame, sexual jealousy, shattered dreams and power struggle. They wrote this book to answer the question: ‘Why do so few people live in true intimacy and partnership?’ They discuss that the reason that relationship breakdown is endemic is that it is easier to leave (or emotionally check out but physically stay) than to be honest with ourselves. They write, “*We’re not experts preaching from the pulpit; instead we’re fearlessly reporting the casualties and breakthroughs from the front line of True Love.*” Definitely worth checking out

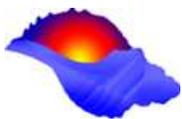
## Letters and Conversations: On the funny side:

### Thank you Pierette for this – Church Ladies with Typewriters

Apparently these sentences actually appeared in church bulletins or were announced at church services:

The Fasting & Prayer Conference includes meals.

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# Emotional Health Centre News

Essential focus on freedom, health and happiness [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

For those of you who have children and don't know it, we have a nursery downstairs.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

## Happy Easter

### *"It's not the shoes that you wear"*

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Recently i was invited to participate in an event that brought up some anxieties and concerns. With LiberatingTouch® i was able to rediscover my strength and feel centred. The love and support of family and friends also made a huge difference.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.



Below is a poem that [Deborah Lacy](#) sent me on the day of the event, it had such a profound effect on me that i really had to share it with you.

Please place your donation in the envelope along with the deceased person you want remembered.

### **It's not the shoes that you wear**

*It's not the shoes that you wear or the clip in your hair.*

The church will host an evening of fine dining, super entertainment and gracious hostility.

*It's not the people you know or the degrees that you hold.*

*But the love in your heart and your radiant smile.  
The Truth of your words and the peace they bring.  
Know that each step you take, God's holding your hand and there's no other soul meant to be there but you.*

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

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

[www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

Low Self Esteem Support Group will meet Thursday at 7 PM . Please use the back door.