

Dearest Friends,

Thank you for your letters, emails, phone-calls, encouragement and feedback. Eddie and I have been engrossed with going through all our training materials, evaluating our classes and have finally embarked on the journey of writing about *LiberatingTouch*® and the *LiberatingTouch*® Detachment Process. So definitely watch this space. Also we now have our first wave qualified *LiberatingTouch*® Practitioners and Detachment Facilitators.



You can now contact Deborah Lacy at deborah.lacy@btinternet.com to book a *LiberatingTouch*® skype or face to face session



or Manjusri Horsman at moojima@gmail.com to book a *LiberatingTouch*® skype session Both are extraordinary and inspired practitioners.

Eddie and I are now fully booked till the New Year. So if you would like to book an appointment or intensive, we are now taking bookings for January 2014.

From the New Year we will be making a few changes to our workshop schedule and due to popular demand we will be facilitating workshops that will be open to everyone interested in Self-Discovery. We will teach only one EFT Practitioner Training annually and we promise to schedule more 1 day *LiberatingTouch*® workshops. We will still be facilitating the Heart of Understanding 8 Day *LiberatingTouch*® Class in February and October and we will be introducing LT Special Topic Classes.

On a more personal note, writing the books has been (and continues to be) a deeply intense experience. I find myself feeling overwhelmed by the time it takes to write a paragraph, by the painstaking attention it requires of me, by the insights that continue to arise. So here are a few notes I made about overwhelm --

Overwhelm is believing the lie (story) that everything should have been done, experienced, completed yesterday.

The ways to free yourself from the stress of overwhelm are -

1. Investigate your expectations and shame (failure beliefs and 'secret criticisms')
2. Detach from your focus on time constraints and the need to keep up appearances
3. Prioritise — you can only inhale one breath at a time
4. Trust

N.B. Overwhelm is not always stressful; I love being overwhelmed by laughter!!

And today I asked myself while holding my fingers *LiberatingTouch*® style.

What if I could really relinquish the fruits of my actions? Let go of success and failure? Release all thoughts of perfection and completion? And simply flow into doing, being or playing as required?

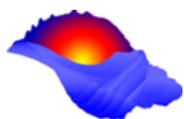
What can I say, something shifted. ☺

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Maintaining Healthy Teeth and Gums

Working through health challenges has pretty much been the story of my life, as a child I had constipation, insomnia, headaches, and migraines, I also damaged my ankles which greatly limited my movements. In my 20's I discovered a thyroid problem, Epstein-Bar virus, chronic fatigue etc. etc. etc. and somehow with the help of Grace (God), a wide range of complementary therapies (especially the ones we now share), Eddie and the many healers that I have encountered helped me overcome most of my health challenges. I have been able to run again, my hair has grown back, I have the energy to pursue an active life and I am happy. Then in the last 2 or 3 years I discovered gum disease. Oh Joy!! So yes once again I underwent the process of research, experimentation, exploration and healing. My gums are still healing, but



my mouth once again is beginning to feel healthy. Hallelujah!! So in this issue and the next few I plan to share all the remedies and techniques that worked for me. And I have tried a lot of them.

In this issue I would like to focus on the Blotting Brush. **This brush really helped me get rid of the plaque and keep my mouth super clean.** The Blotting Brush was created by Dr. Philips to eliminate gum disease, destroy plaque, prevent the recurrence of gum disease and tooth decay, save huge amounts of money on dental bills, not to mention the potential pain with certain procedures, overcome bad breath, clean the whole mouth, not just the teeth and much



more.

The Blotting Brush looks much like a traditional toothbrush, but it has specially-textured bristles that draw plaque and debris from the gingival crevice using a capillary action. The Phillips Blotting Technique itself is based on capillary action; that is the principle at work when a sponge soaks up liquid or when paint is drawn up into the bristles of a brush. The capillary action lifts and holds plaque in the brush so that it can be removed. And the result is a lovely clean mouth.

For more information go to:

<http://www.toothwizards.com/>

Focus on Energy Medicine – Quickie Energy Boost

If you need an energy boost today, try this exercise, it is great for the change in season and winter blues.

THE FOUR THUMPS ENERGY TAPPING adapted from Donna Eden's Energy Medicine Protocols – WITH AFFIRMATIONS

For each set of the Energy Balancing Locations – except the thymus at the centre of the chest – you want to engage both sides of the body. And don't just tap lightly – rub vigorously or thump energetically to wake up the energy and get it moving.

If any of these area described are really sore, start by massaging or rubbing them. The soreness should disappear in a few days. While stimulating these areas, take deep breaths in through the nose and out through the mouth, if possible. Take about three breaths at each step, or more if you feel the need.

Imagine the energy moving from the areas you are engaging, rippling throughout your body, down the front with every exhalation, and up the back with your inhalation.

1) TAP under THE EYES, breathe deeply and repeat the affirmation: *"I choose to feel grounded, I exhale anxiety and inhale the sweetness being nourished with trust."*

2) TAP under THE COLLARBONE, breathe deeply and repeat the affirmation: *"I choose to feel centred and balanced; I exhale fear and inhale the experience safety."*

3) MAKE A FIST and THUMP THE THYMUS (think of Tarzan), breathe deeply and repeat, *"I choose to feel gratitude, strength and confidence; I exhale sadness and inhale understanding."*

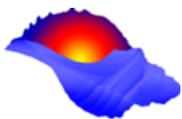
4) MASSAGE UNDER THE BREAST AREA– if these points are sore, you can massage them gently until the soreness disappears. Take a few deep breaths and repeat, *"I choose to gracefully open to change; I exhale frustration and inhale peace and strength."*

Focus on Self-Healing with Exercise – Child Pose

Another lovely stretch

Child's pose is an excellent resting pose that's practiced in almost every hatha yoga class. It's a very calming pose that can put you into a deep relaxation. The pose is called Child's pose because you form the shape of a baby and your spine is curved naturally like a foetus. It is great for this time of year especially for those that enjoy a little hibernation time. ☺

It's important to breathe deeply into the pose, inhaling positive thoughts and exhaling all the tension



throughout the body. Every breath should calm our minds and ease any stress or negativity. You can hold this pose for 10 breathes. The Steps for Child's Asana are:



Knees are at least hip width apart. Rest your front ribs on the tops of your thighs. Forehead is on the floor,

or close. Heels are apart, big toes touching. Arms can be down by the feet (palms facing up), or arms can be extended forward. (palms facing down).

Benefits of Child's Pose

Child's Pose strengthens and tones the hips, thighs and ankles. These muscles get a nice stretch. The longer you hold the pose the better the effect. The spine is also lengthened when you drop the hips down to your heels and relax your head and arms forward on the floor.

This calming pose relaxes the brain, and helps to clear the mind of any negative thought. It helps you to focus and is a good aid for those who suffer from panic attacks.

Yoga helps you remember and keeps you mentally sharp

Copied from www.wddty.com a conscientious and ethical resource-

Researchers have discovered that 20 minutes of yoga is better for your mental faculties than 20 minutes of aerobic exercise on the treadmill; in fact, sweating it out at the gym doesn't make any difference to your memory or ability to focus.

Researchers from the University of Illinois tested the two exercise systems on a group of 30 young, female undergraduates, and then assessed their mental capabilities afterwards. They started with a 20-minute hatha yoga session, which included breathing, standing and floor-based positions. After that, they jogged or walked on a treadmill for 20 minutes, with the aim of maintaining 60 to 70 per cent of maximum heart rate throughout the session.

Their memory, reaction times and cognitive ability were all improved after the yoga session, while no differences were recorded after the aerobic exercise.

(Source: Journal of Physical Activity & Health, 2013; 10: 488-95).

Books & Resources – From Credence Health -

GOOD REASONS TO ADD WHOLE, UNREFINED SALT TO YOUR DIET

Compiled AND collated by Philip Day -

Phillip is an independent researcher dedicated to reporting contentious issues that may harm the public. His goal is to report properly annotated and verified information that enables us to make wise health decisions.

More info at - <http://credence.org/>

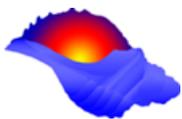
Sea salt contains about 80 mineral elements that the body needs. Some of these elements are needed in trace amounts. Unrefined sea salt is a better choice of salt than other types of salt on the market. For instance, ordinary table salt has been stripped of its companion elements and contains additive elements such as aluminium silicate to keep it powdery and porous. Aluminium is a very toxic element in our nervous system.

As a rough rule of thumb, you need about 3 grams of salt—a half-teaspoon—for every 10 glasses of water, or a quarter teaspoon per quart of water. You should take salt throughout the day. If you exercise and sweat, you need more salt. In hot climates, you need to take even more salt. In these climates, salt makes the difference between survival and better health and heat exhaustion and death.

Warning! You must at the same time not overdo salt. You must observe the ratio of salt and water needs of the body. You must always make sure you drink enough water to wash the excess salt out of the body. Salt is vital for the kidneys to clear excess acidity and pass the acidity into the urine. Without sufficient salt in the body, the body will become increasingly acidic.

Salt is essential in the treatment of emotional and affective disorders. Lithium is a salt substitute that is used in the treatment of depression. To prevent suffering from depression, make sure you take some salt.

Salt is essential for preserving the serotonin and



melatonin levels in the brain. When water and salt perform their natural antioxidant duties and clear the toxic waste from the body, essential amino acids, such as tryptophan and tyrosine, will not be sacrificed as chemical antioxidants. In a well-hydrated body, tryptophan is spared and gets into the brain tissue where it is used to manufacture serotonin, melatonin, and tryptamine—essential anti-depression neurotransmitters

Salt is vital for maintaining muscle tone and strength. Lack of bladder control in those who suffer from involuntary leakage of urine could be a consequence of low salt intake.

Salt is vital for sleep regulation. It is a natural hypnotic. If you drink a full glass of water, then put a few grains of salt on your tongue, and let it stay there, you will fall into a natural, deep sleep. Don't use salt on your tongue unless you also drink water. Repeated use of salt by itself might cause nose bleeds.

Salt is vital for the generation of hydroelectric energy in all of the cells in the body. It is used for local power generation at the sites of energy need by the cells

Salt is vital to the communication and information processing of nerve cells the entire time that the brain cells work—from the moment of conception to death.

Salt is vital for the absorption of food particles through the intestinal tract.

Salt is vital for clearing the lungs of mucus plugs and sticky phlegm.

Salt on the tongue will stop persistent dry coughs.

Salt is vital for clearing up catarrh and sinus congestion.

Salt is essential for the prevention of muscle cramps.

Salt is vital in preventing excess saliva production to the point that it flows out of the mouth during sleep. Needing to constantly mop up excess saliva indicates salt shortage.

Salt is vital for reducing a double chin. When the body is short of salt, it means the body really is short of water. The salivary glands sense the salt

shortage and are obliged to produce more saliva to lubricate the act of chewing and swallowing and also to supply the stomach with water that it needs for breaking down foods. Circulation to the salivary glands increases and the blood vessels become 'leaky' in order to supply the glands with more water to manufacture saliva. This 'leakiness' spills to areas beyond the glands themselves, causing increased bulk under the skin of the chin, the cheeks and into the neck.

It is a good policy to add some salt to orange juice to balance the actions of sodium and potassium in maintaining the required volume of water inside and outside the cells. In some cultures, salt is added to melon and other fruits to accentuate their sweetness. In effect, these fruits contain mostly potassium. By adding salt to them before eating, a balance between the intake of sodium and potassium results. The same should be done to other juices.

NB. Those with heart ailments – or kidney failure requiring dialysis – MUST consult with their doctors before increasing salt intake.

Reflections on Time

A few notes from Ranjana's journal

"Time is the greatest delusion; it completely blinds us with the lie of the finite, so we forget the infinite that is our Truth."

*"My Beloved weaves this web of time to play out the story of love's kiss
I entangle myself in it, believing that it is real, when it is simply a dream
I laugh and cry all at once at the insanity of my thinking, that I might die
Finite yet made with the strands of The Infinite, time contains me to the one breath, the one life and yet it never ceases, spiralling in ever expansive mysterious waves of love.
When you are filled with the nectar of longing, of love pouring from all your apertures, what is day and what is night, what is lost and what is gained, what is forgotten and what is remembered?
Who is this that breathes and sings?
But time's longing to love one more time."*

That's it for now. Next time, we will continue to share insights on how to maintain healthy teeth and gums and more. Love and Joy, R&E