

Dearest Friends,

Thank you for all your emails, calls and feedback. It has been an incredible few months. In January we facilitated several intensives, in February we ran our 9th Heart of Understanding 8 Day *LiberatingTouch*® Class. March was also fully booked with intensives and in April we focused on the organisation of the 5 Day Jin Shin Jyutsu Class. The next few months look equally jam packed and delightful, with travels to Ireland, Bali and India in the diary. Our practice in St. Leonards-on-Sea is now focused on facilitating 2 to 5 day Intensives and we are weaning ourselves away from booking in one off or weekly sessions (except when our work takes to other parts of the world). We are now fully booked till September and have only a few available slots left. We suspect that by the end of May we will be booked till December. It is lovely being in demand; unfortunately it has meant that we have had to reduce our hours spent on emails, housework, catching up with friends and day dreaming. My way of coping has been to up my meditation practice and sing at every opportunity ;-).

“Living consciously...is being able to live each day forgiving ourselves for yesterday’s errors, accepting the consequences of those errors with the present breath, and living each moment with loving awareness, with joy, and allowing tomorrow to unfold exactly as it is meant to.”

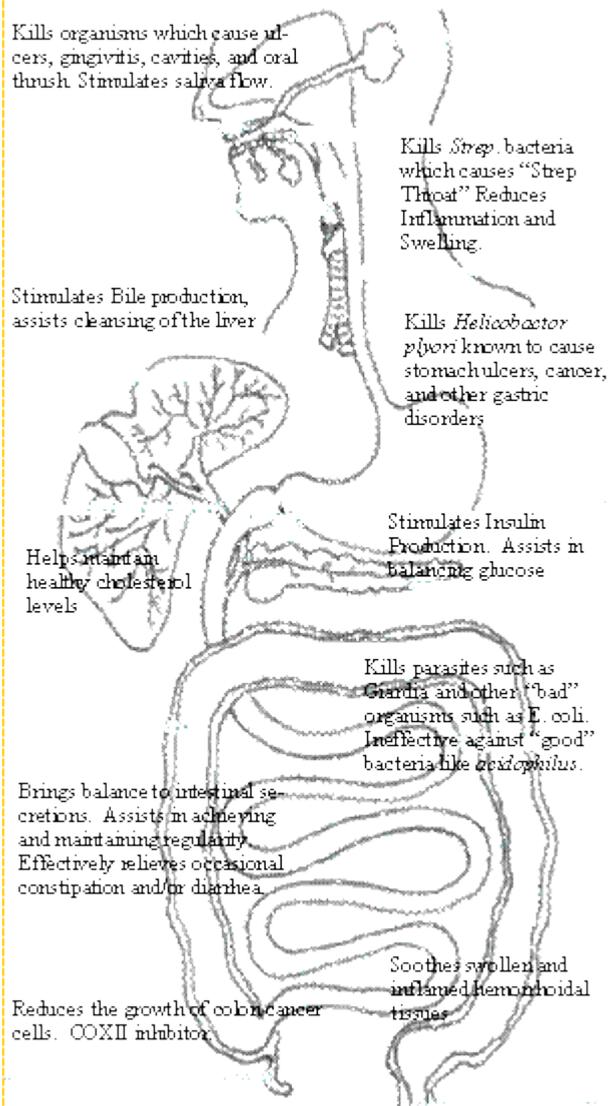
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Maintaining Healthy Teeth and Gums with GOLDENSEAL

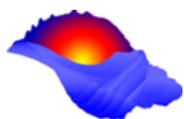
As we continue to research this area, we discover that there are many ways to work with teeth and gum projects. One of the ways is to ingest Goldenseal tincture for 2 weeks. Eddie and I use organic Goldenseal as part of our annual parasite cleanse and liver flush program, so I was

Beneficial Effects of Goldenseal on the Digestive System



Goldenseal brings harmony and balance to the entire digestive system.

Issue 29, Apr - Jun 2014



delighted to find that some people found it useful in combatting gum disease.

The medicinal benefits of goldenseal have been known for hundreds of years. Goldenseal helps the body to rid itself of toxins and has potent anti-inflammatory and anti-microbial properties. Goldenseal provides support to the body's healing processes in many ways. It supports the immune system by stimulating the flow of blood to the spleen and inhibiting many bacteria and fungi. I found the illustration above at www.sleepyhollowherbfarm.com

Focus on Self-Healing: Meditation

Eddie and I often get asked about meditation. For us meditation is a way of life which starts by the practice of sitting, becoming aware of the breath, the space between the exhale and the inhale, inquiring with devotion, opening to knowing the SELF, realising the Absolute through Love and Truth and finally merging into the SELF...It is an ongoing journey. Meditation is a vital component in LiberatingTouch. It gives one the ability to dive deep into the infinite well of divine mystery and wisdom. Meditation helps us draw up from these depths the treasures that inspire goodness, beauty and awe.

I found a lovely blog article written by Dan Millman, author of "The Way of the Peaceful Warrior", on Meditation.

On Meditation

Wednesday April 30th 2008, 7:21 pm
Filed under: [Dan's Posts](#)

Sharing thoughts about meditation seems like a contradiction. Isn't meditation all about "taking out the trash" and ridding ourselves of rambling thoughts? Well . . . not necessarily.

Many of us have tried meditation, but grew discouraged and after a time, stopped practicing.

Maybe because it seemed boring or we didn't have time to just sit — but more likely, we decided that

we weren't good at "quieting the mind." As if that were a realistic goal.

I suggest that we don't need to quiet the mind any more than we need to plug up a bubbling hot springs. It is the nature of hot springs to bubble and the nature of mind to do the same, boiling off random thought-static, a kind of discharge that may serve a function similar to dreaming.

Thoughts happen. Emotions happen. Weather happens. We may prefer certain thoughts, emotions or weather over others. But none are directly controllable by our will.

Thoughts only become a problem when we mistake them for reality. We live in two worlds: An objective world arising within our nervous system and outside of our bodies, perceived by our senses. We also live in a subjective world of the meanings, associations, fears, beliefs and interpretations we make about that objective world.

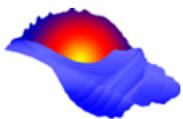
Meditation enables us to discover the nature of mind, of thought, and to see them as a sort of illusion, a complication we impose on what the Zen masters call "isness" or "suchness" prior to mind.

Many people both misunderstand and idealize this practice we call meditation. But after all, it is a practice — an exercise — like doing push-ups or learning to juggle. As with any practice, it can be done well or poorly and can improve over time.

Doing push-ups over time will predictably strengthen the upper body. Meditation practice also brings noticeable benefits: an enhanced ability to relax, focus and concentrate; more patience; a sharpening of the senses (as we learn to pay attention); enhanced creativity, self-awareness (shadow-work), and insight into the nature of mind. An experience of no-mind.

Meditation is not, however, a path to enlightenment; rather, from the first moment we sit, meditation is the practice of enlightenment — a fundamental means of adapting the body-mind to an enlightened disposition of non-reactivity.

We sit with spine erect — not leaning forward into the future or backward into the past, but stable in this present moment. Meanwhile, our awareness takes on its ultimate role as Witness: We simply observe arising phenomena: thoughts, emotions, physical sensations. Yet we do not react to any of it; we merely bear witness



to passing phenomena. Relaxed. Serene. Simply being aware. Being Awareness.

This is why some Zen masters, when asked "What is enlightenment?" may respond, "Just sitting." When beginners first sit, they fidget, think, react, wonder, daydream. As it turns out, "just sitting" is not so easy.

Most meditators use a technique or device to help focus their wandering attention: We turn our attention to our breath, or to a mantra (repeated inner chant), or to inner sounds (nad yoga), or we gaze at a visual image such as a yantra or mandala or just a single point.

Since many thoughts tend to impose physical tensions, the body naturally relaxes as we release our attachment to (or investment in) passing thoughts and impressions. Giving mind-stuff no energy or attention, we slip into a sleep-like or trance-like state in which "time flies."

Some call it the void, the quiet mind. Various studies suggest that spending time in this state provides deep, refreshing rest from the usually active state of the body-mind — doing, pushing, wondering, remembering, imagining, fretful with regrets of the past and anxieties about the future.

Meditation opens doorways to a temporary state of peace, a mini-vacation from self, mind, world. Many people quite enjoy this time out. The practice of sitting meditation, central to a number of eastern (or inward-directed) spiritual traditions, balance the western (outward or extroverted) orientation. In this way, meditation it provides a balancing effect for most active men and women...

... All meditative practices bring awareness back to the Present Moment, which is itself free of thoughts. (We can only think about the past or future; in the present there is only awareness.)

Meditate for pleasure and for balance — for a whole-body remembrance of the peace that waits for us in the eternal present. Here. Now.

But do not put this practice up on a pedestal as a special "spiritual practice." If we do so — if we treat certain times or activities as special or spiritual, we fall into the trap of treating other times as ordinary. Whereas in truth, all moments, all

activities, are equally important. There are no ordinary moments; every moment deserves our full attention.

Let meditation become a way of life, a quality of attention we give to each moment of our daily life. It is a gift that returns to us a hundred-fold. Peace. Serenity. Reality as it is.

We recommend all of Dan Millman's books. They are inspiring and transformative.

Focus on Energy Medicine – Reclaim your Power with Forgiveness, Love and Truth



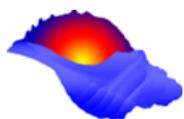
In March we put together a 7 week program for reclaiming your power using LiberatingTouch®. The plan was to keep it simple and share effective practical exercises to do each week for 10 minutes.

This program is not the definitive recipe to reclaiming power, but an exploration of infinite possibilities. If you are interested in exploring this do check out our blog: www.appoo.co.uk

For our Facebook group, [Liberating Consciousness](#) we have created a pdf document that can be downloaded. There will be a copy of this for you to download from our [resources page](#) as well.

The LiberatingTouch® 8 Day Class (The Heart of Understanding) 18th-25th October 2014 Explore your power and potential

This **Heart of Understanding 8 day class** has been specifically designed for Truth seekers, Self-actualisation explorers, Energy Psychology enthusiasts, holistic health practitioners, and innovative workshop facilitators. Together we will explore and experiment, witness demonstrations and learn practical ways to heal the mind. Our focus is to liberate the mind from fear and attachment and illuminate the Truth



within the Heart. This Class is intended to be an experiential adventure of Self-awareness and Self-discovery for regaining your power and Self-confidence, and for opening the doors to SELF-Realisation. LiberatingTouch® is system that combines intense inquiry and healing touch to help you remember the eternal beauty of the SELF.

“When we come into our personal power, we also become true to our SELF. Then, we won’t feel the need to control anyone, as the TRUTH need not defend itself. LiberatingTouch® combines the alchemical process of connecting to the (Universal) Self, developing awareness, practising meditative inquiry, and utilising touch to transform and integrate profound healing. Knowing the SELF (God Realisation) is the endgame of LiberatingTouch®.”

We invite you to join us in creating this sacred space of Loving Integrated Awareness. The only prerequisite for attending is the LiberatingTouch® Foundations workshop or you can book a 3 hour bespoke phone/skype session -this will help you prepare for the intense journey of Self-discovery. We invite you on this journey of Liberating Consciousness and Self-Realisation.

Cost: £800 for new students, £600 for Emotional Health Centre students, £400 for review students. Please contact us if you require a concession.

When you enrol for the LiberatingTouch® 8 day - Heart of Understanding Class you also get 1 year email and phone support and you receive an invitation to join the Emotional Health Centre Mentoring Days. Booking is essential as places are limited.

[For Details of the 8 Day Seminar click here.](#)

Reflections

From the film "Dune" by Frank Herbert --

*Fear is the mind-killer.
Fear is the little-death that brings total obliteration.
I will face my fear. I will permit it to pass over me and through me.
And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing.
Only I will remain*

From Ranjana’s understanding --

*Fear is the lie that keeps ignorance in place.
Fear extinguishes the light of Love.
I will face my fear. I will meet it with the Truth of the SELF. I will permit it to pass over me and through me.
And when it has past, the Truth is revealed.
Only love is real, forever illuminating the Truth, the SELF is.*

Be still by Russell-Oliver Brooklands

*Be still
Be with the whole breath that is waiting to arrive*

*Be still
And in this moment, know you’re totally alive*

*Be still
And feel your presence; feel the gift you can allow*

*Be still
Aware this moment is for you; this moment’s now*

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