

Dearest Friends,

Thank you for all your emails, calls and encouraging feedback. Since November last year it feels like Eddie and I have been on a roller coaster of sorts, having just enough time to catch our breaths before the next ride. In that short period of time we have been in India, Ireland and Indonesia, facilitated the 8 Day LiberatingTouch Class, organised a 5 day Jin Shin Jyutsu Class, run numerous intensives spent time with old friends. It has been chaotic, unexpected, sublime and joyous all at once. We will be traveling again next week... Thank you for walking with us.

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"After years of self-work, I really get that once a mistake has been made, trying to rectify it can make things worse, instead asking ourselves; how can I learn from this? How can I grow? How can I continue to love deeply, will be more beneficial than trying to make it go away, berate ourselves with venom, or wish it had never happened." Ranjana



Focus on Self-Healing: 11 Super Foods

Recently Aparna Choudhuri author of "Hand Book on Union with God through Finger Postures" sent me an email with the information below, I did google and check these findings and discovered that there is a lot of data to corroborate the statements below, so I had to share. These "super foods" mentioned below are helpful in lowering blood sugar, burning fat, reducing inflammation, and provide many health benefits.

Cinnamon:

This delicious spice has been shown by many studies to help reduce blood sugar levels. People with type 2 diabetes who'd eaten one or more grams of cinnamon daily, had dropped their fasting blood sugar by 30 percent. Cinnamon can also reduce triglycerides, LDL cholesterol, and total cholesterol levels by up to 25 percent. The main reason for all of this is chromium, a mineral that enhances the effects of insulin, and antioxidants that gather up all the free radicals in your blood.

Steel-cut oats:

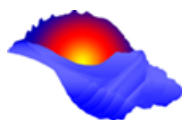
Oatmeal is probably not something you would consider a superfood but it can help reduce the risk of developing type 2 diabetes. It has high amounts of magnesium, which helps the body use glucose and produce insulin properly. Unlike quick cooking oatmeal, the whole grains are filled with fibre, nutrients, and bound antioxidants that help blood sugar levels remain stable.

Sweet potatoes:

Sweet potatoes are true super heroes capable of lowering your HbA1c measures and fasting blood glucose rates. They also contain types of antioxidants that are believed to have anti-inflammatory, anti-viral, and anti-microbial qualities.

Collard greens:

Vegetables like collard greens are excellent sources of vitamin C and alpha-lipoic acid (ALA), a micronutrient that helps the body deal with stress. ALA also helps reduce blood sugar and can help



strengthen the nerves damaged by diabetic neuropathy.

Broccoli:

Broccoli contains a compound called sulforaphane which triggers several anti-inflammatory processes that improve blood sugar control and protect the blood vessels. Sulforaphane also helps the body's natural detox mechanisms, coaxing enzymes to turn dangerous toxins into neutral compounds.

Olive oil:

A diet rich in olive oil helps reduce the risk of type 2 diabetes by as much as 50 percent, compared to a diet low in fat. In addition to being an excellent source of health promoting fats, olive oil is also rich in antioxidant nutrients. It can protect your cells and prevents the development of heart disease.

Psyllium husk:

This fiber supplement is proven to help people with diabetes control their blood sugar better. There is however, something you need to be aware of if you start eating this daily. It's recommended to wait at least 4 hours after taking psyllium, before taking medication. This is due to the fact that psyllium can decrease the medication absorption.

Quinoa:

Although it tastes like a grain, quinoa is more closely related to spinach than it is to rice, and unlike most grains, quinoa is a dense source of "complete" protein. One of the most fibre rich foods out there, quinoa helps balance blood sugar levels and keep you fuller, longer.

Walnuts:

Walnuts contain the polyunsaturated fatty acid alpha-linolenic, which has been shown to lower inflammation. The omega-3s, fibers, vitamin E and other phytochemicals found in walnuts can help stop and reverse the progression of chronic conditions.

Cannellini beans:

Full of protein and cholesterol lowering soluble fibres, tender, white cannellini beans are very slow when it comes to raising your blood sugar. As a result, people with type 2 diabetes who had a daily cup of beans saw their A1c levels (a check of average blood sugar levels) significantly lower.

Dark chocolate:

Research shows that the nutrients in dark chocolate reduce insulin resistance, improve insulin sensitivity, and calm bad cravings. This only applies to dark chocolate, milk chocolate has lower levels of beneficial flavonoids and often, more sugar and fat.

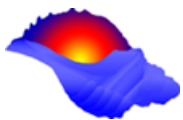
Important changes at AAMET International

Eddie and I have been aligned with the AAMET International for several years now (Association for the Advancement Meridian Energy Techniques www.aamet.org). We have been practising AAMET EFT Trainer and AAMET Trainer of Trainers. This ensured that all our students could benefit by coming under this umbrella of AAMET standards and ethics.

Recently AAMET International updated all its training materials and wanted to make sure that all its trainers are competent in training, are adhering to a core curriculum that meets national occupational standards and following AAMET guidelines. Every trainer was given the option to go through an accreditation process or step down from training under the AAMET banner. Well Eddie and I decided to get accredited. We have some good news, we have just completed the lengthy and energy consuming AAMET ACCREDITATION process and can now call ourselves AAMET Master EFT Trainer and Master EFT Trainer



of Trainers. You will be



pleased to know that in the multiple choice test, I scored 100% and in the written exam 90%.

There are many ways that accreditation will help get EFT into the mainstream.

Corporate and individual organisations, including insurance companies, expect therapists and practitioners to be aligned with a professional Association and for that Association to be endorsed and supported by a wider remit. It has been the remit of the AAMET to standardize the practice and training of EFT by writing its training in accordance with the Occupational Standards (OS) for similar energy therapy disciplines. AAMET is the only EFT association whose training has been written against these Standards, which will help us in our application for our courses to be approved by the National Council for Further Education (NCFE).

AAMET is currently registered with, and endorsed by the following organisations:

- National Centre for Further and Higher Education (Malta, therefore aligned with the EU Educational Establishment)
- Commission for Voluntary Organisations
- GRCCT, General Regulatory Council for Complementary Therapies, UK. (AAMET is the lead training provider of EFT recognised by the GRCCT)
- NCP (www.thencp.org) (accredited training provider)
- International Institute of Complementary Therapists
- Complementary and Natural Healthcare Council (Application is in progress)
- The Counselling & Psychotherapy Directory

Now that Eddie and I are accredited we can help all our students and certified practitioners become accredited practitioners.

What is the difference between the "Accreditation" and "Certification"?

Accreditation is formal recognition by an Association (who has authority in its field of training) that confirms specific quality standards have been met and there is an adherence to regulations and policies.

Certification is the procedure by which a trainer gives written assurance that a student has been trained to specified requirements.

We are encouraging all our students, trainees and practitioners that are working with clients to go through the accreditation process. We are currently simplifying this process for those trained with us and are awaiting final instructions from the AAMET accreditation panel. **For those of you that are interested in accreditation please email us in the first week of September.** At that stage we will ask you to provide us with your CPD and Supervision records and help you complete the online tests required for accreditation. It is mandatory to maintain (and keep records) 6 hours of supervision and 30 hours of Continual Professional Development annually. More information about this can be found at <http://emotionalhealthcentre.com/eftworkshops.html>

There are exciting times ahead as more and more companies, and organisations are interested in the benefits of Energy Psychology. Accreditation will help us meet these changing times with professional élan.

Maintaining Healthy Teeth... Keeping them Shiny with Baking Soda and Coconut Oil

Here is my secret to pearly teeth. Coconut oil and baking soda... Try it and let us know...

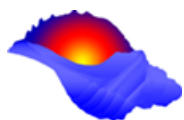


How Coconut Oil Toothpaste Works

Coconut oil is antibacterial, antimicrobial, and antifungal! Studies have shown that coconut oil destroys the bacteria that can cause tooth decay. The other primary ingredient in this toothpaste is baking soda. Baking soda is a very mild abrasive which aids in cleaning and whitening teeth, and restoring pH balance.

Homemade Baking Soda and Coconut Oil Toothpaste Ingredients:

- 2 tablespoons Coconut Oil
- 2 tablespoons Baking Soda
- 10 drops of Peppermint oil (optional)



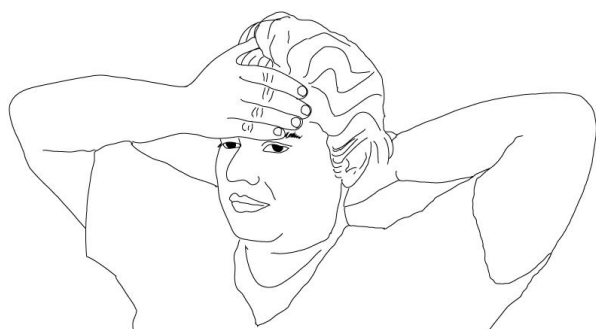
Instructions:

1. Mix baking soda and coconut oil in a small container, until it forms a paste like consistency
2. Add several drops of peppermint oil and mix (*peppermint is optional) I sometimes use Tea Tree.
3. Brush your teeth as normal.

Focus on Energy Medicine-- LiberatingTouch Sequence for Body Harmony

One of the common queries Eddie and I get is about weight management and body fitness. The fact is that we live in the body; the body is inert without the vital consciousness that flows through it. When we identify with the body we lose sight of what we truly are. Yet we know that if we are feeling unfit, heavy or stuck in the body, it is hard to live life joyfully. So here is a Sequence I have used on myself. Hope it helps you as much as it helped me.

Step 1: Place your hands in the R&R hold (see illustration) and sit with the thought



“All the ways I have held onto/ carried excess weight in this body-mind. All the ways this makes me feel....”

Step 2: Swap your hands round in the R&R hold and sit with the intention “I acknowledge (face) all the ways I have held onto/ carried excess body-mind weight, I am now open to understanding and letting-go. This body-mind can relax now. I open to experiencing (new ways of being) graceful body-mind lightness.”

Step 3: Swap your hands round in the R&R hold and sit with the intention “Thank you God (SELF) for helping me integrate this (en)lightened way of being, helping me integrate the experience of a graceful and light body-mind .”

NB. Am putting together a 4 week web-based program on “Ageless Beauty, Graceful Body, Living Harmony” in November. The cost will be £180 (£90 for concessions). This will include a weekly group video-conference call, one personal 90 minute skype session, self-help exercises and nutritional tips for each week. That’s it. If you are interested you need to email me soon. Only space for 8 to 10 glorious bodies... The conference call will be on Tuesdays at UK time 12pm, so very early in the morning for the USA, early evening for India and late at night for Australia.

The LiberatingTouch® 8 Day Class (The Heart of Understanding) 18th-25th October 2014

A little reminder for those that are interested in developing Spiritual Intelligence. ;-)

“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.”

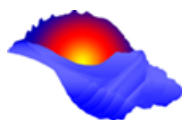
Do join us if you are drawn to

1. Spending time connecting to Truth
2. Discovering the meaning and purpose of Self-Responsibility
3. Experiencing the Peace that is in your hands
4. And knowing the Love you embody

We invite you to join us in this adventure of Loving Integrated Awareness.
[For Details of the 8 Day Seminar click here.](#)

Reflections: Exploring Spiritual Intelligence

The first time I heard the phrase “Spiritual Intelligence” in relation to LiberatingTouch was when Luisa Anderson, Four Seasons Regional



Director of Spas, shared her vision of the Spas that she develops and creates at a ground-breaking Spa Director's Retreat. She crooned in her soft voice with sweet Aussie undertones, "Incorporating Emotional Intelligence and more importantly Spiritual Intelligence in the Spa environment is vital to the development of our Spas.... By using some of the LiberatingTouch processes we can begin to introduce this level of awareness into our Spas...." I have to admit; I was quite taken by this and since then have been exploring our work as a means of developing Spiritual Intelligence.

Danah Zohar coined the term "spiritual intelligence" and introduced the idea in 1997 in her book, "ReWiring the Corporate Brain." Danah Zohar defined 12 principles underlying spiritual intelligence:

- Self-awareness: Knowing what I believe in and value, and what deeply motivates me.
- Spontaneity: Living in and being responsive to the moment.
- Being vision and value led: Acting from principles and deep beliefs, and living accordingly.
- Holism: Seeing larger patterns, relationships, and connections; having a sense of belonging.
- Compassion: Having the quality of "feeling-with" and deep empathy.
- Celebration of diversity: Valuing other people for their differences, not despite them.
- Field independence: Standing against the crowd and having one's own convictions.
- Humility: Having the sense of being a player in a larger drama, of one's true place in the world.
- Tendency to ask fundamental "Why?" questions: Needing to understand things and get to the bottom of them.
- Ability to reframe: Standing back from a situation or problem and seeing the bigger picture or wider context.
- Positive use of adversity: Learning and growing from mistakes, setbacks, and suffering.
- Sense of vocation: Feeling called upon to serve, to give something back.

Robert Emmons defines spiritual intelligence as "the adaptive use of spiritual information to facilitate everyday problem solving and goal attainment." He originally proposed 5 components of spiritual intelligence:

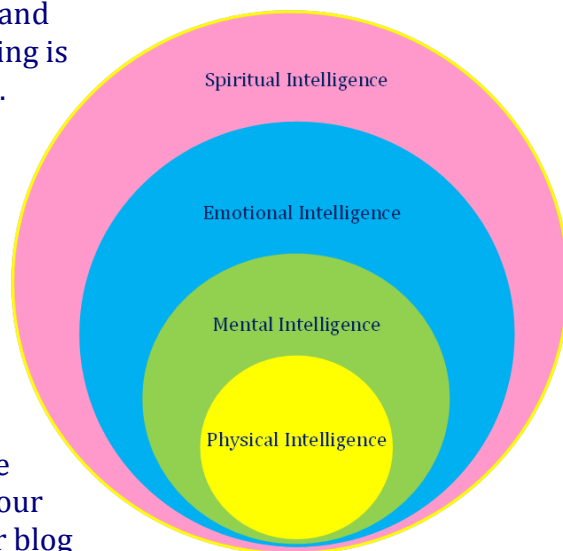
1. The capacity to transcend the physical and material.
2. The ability to experience heightened states of consciousness.
3. The ability to sanctify everyday experience.
4. The ability to utilize spiritual resources to solve problems.
5. The capacity to be virtuous.

Cindy Wigglesworth defines spiritual intelligence as "the ability to act with wisdom and compassion, while maintaining inner and outer peace, regardless of the circumstances."

There is a great article by Cindy Wigglesworth, "Spiritual Intelligence: Living as Your Higher Self" at: http://www.huffingtonpost.com/cindy-wigglesworth/spiritual-intelligence_b_1752145.html?comm_ref=false&src=sp&utm_hp_ref=fb

Over the years Eddie and I have encountered many projects, illnesses, challenges and disharmony, the most moment-defining in the healing process has been the understanding that arises when the correlation between their project (disharmony) and spiritual learning is acknowledged.

Spiritual Intelligence is vital in healing, so why not in business, in education, in relationships? Over the next few months we hope to share our insights on our blog and via this newsletter.



That's it for now. Hope you found the newsletter insightful. Love and Joy, R&E

Ps. will be publishing a blog on mindfulness later in the week....