

Dearest Friends,

Thank you for all your emails, calls and amazing response. Am so glad so many of you used the [LiberatingTouch](#) Body Harmony Sequence from the last newsletter and noticed a palpable shift in your body fitness and awareness, it was good to get the positive feedback. Since then I have tweaked the sequence further. I will include it in this newsletter, especially for those you that wanted to join the November "Ageless (Eternal) Beauty" event which we cancelled. Among my list of reasons to cancel was the need for more time to trial video conferencing software. Also the more i compiled the material for the event, the more i wanted to include supportive videos and audios, so am going to spend more time developing the program. It is now going to take place in March 2015, more info later on in the newsletter. Hope more of you will be able to join... In the meantime Eddie and I are looking forward to a deliciously packed few months. Thank you for walking with us.

Newsletter Contents

- An Emotional Intelligence Test
- Iodine – The Benefits
- Ageless (Eternal) Beauty
- Maintaining Healthy Teeth and Gums – A personal perspective
- Reflections: Exploring Spiritual Intelligence Part 2

From Ranjana's Journal:

"The enlightened enjoy playing the game of life regardless of the outcome. I am still rooting for a pain free victory (;D)."

"When you can let go of a story midway, when you don't need to know how it all ends, when you can let someone else fill in the blank, when you no longer need to be in control, when you are open to the spontaneity of love, be assured that the power of detachment is at work in your life. Be glad; be very very glad, you are closer to the Truth than you think."



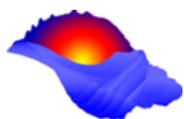
An Emotional Intelligence Test

Recently we had a few enquiries about where to find a free, detailed and comprehensive Emotional Intelligence test. Below is link to a test that covers many areas of EI in-depth. It has 146 questions and takes approximately 45 minutes. Definitely worth playing with:

<http://psychologytoday.tests.psychtests.com/bin/tranfer?req=MTF8MzIwM3w0NjExMTY4fDF8MO%3D%3D&refempt>

Emotional intelligence characterises an ability to genuinely reason, regulate and communicate with emotions and to use emotions to enhance one's life. It includes the ability to accurately perceive one's emotional (feeling) state, to access and generate emotions so as to assist in creating healthy relationships. To understand and be able to balance one's emotions is a sign of socially responsible personality. The process of developing emotional intelligence can lead to emotional honesty and emotional freedom.

"A friend of mine had asked me what I meant by emotional freedom. I replied that to me emotional freedom was not freedom FROM emotion, but freedom OF emotion - freedom to be moved by emotion and to notice how emotion flows through us and informs us, enriching us. It is the Freedom to allow emotion and not to have to try to prevent ourselves from the emotional experience. To meet ALL emotion, the expression of living, with loving openness, sincerity and vulnerability, neither holding on nor holding off, this is how I experience emotional freedom. Emotional Freedom for me is about detachment and openness...a dynamic dance of, noticing, allowing, BE ing, releasing, exhaling, transmuting, inhaling...I could go on...smiling free"



Iodine -- The Benefits

I would like to thank Pierrette for bringing the benefits of iodine to our attention. I have been using a Lugol's Iodine Solution for a few months now and definitely feel that it has enhanced my hormone and immune-system functions.

Here are some well publicised properties of Iodine:

- Iodine helps synthesize thyroid hormones and prevents both hypo- and hyperthyroidism.
- Iodine sufficiency reverses hypo- and hyperthyroidism.
- Iodine activates hormone receptors and helps prevent certain forms of cancer.
- Iodine prevents fibrocystic breast disease.
- Iodine destroys pathogens, fungi, parasites, and malaria.
- Iodine supports immune function.
- Iodine regulates oestrogen production in the ovaries.
- Iodine is anti-mucolytic (meaning it reduces mucus catarrh).
- Iodine counters radiation poisoning.

Phillip Day, A conscientious Health Activist and Founder of Credence writes in his article on [Iodine](#):

“Much has come out in recent times about the global iodine deficiency. Lynne Farrow’s book, *The Iodine Crisis*, explains why over 70% of the world’s population is thought to be affected by an iodine deficiency disorder. Iodine deficiency is heavily implicated in the sex organ cancers (breast, prostate, ovarian, etc. but cancers in general), as well as hypothyroidism, infertility, hair-loss (alopecia), menopausal issues, Parkinson’s, chronic headaches, chronic fatigue type syndromes (ME, fibromyalgia, etc.), ADD/ADHD-type disorders, prostatitis, mental disorders, infections.

Iodine is required to manufacture not only thyroxine but all other hormones of the body. Hormone-producing sites other than the thyroid depend on iodine, e.g. the adrenals, thymus, ovaries, hypothalamus and pituitary. Iodine has been found to

alter gene expression in the breasts, modulate oestrogen activity, and preventing problems with abnormal BRCA1 expression. Female breasts are major storage sites for iodine, and iodine-deficient breasts are more vulnerable to abnormal cell architecture, cysts, fibrocystic disease and cancer. Breasts require 5 mg/day of iodine, the thyroid, 6 mg/day, and that’s just two organs. Overall, an iodine-replete adult will hold up to 2,000 mg of iodine in sites throughout the body.

Iodine presents powerful antibacterial, antiviral, antiparasitic and anti-cancer properties to the body. It should be the mainstay in treating breast cancer, fibrocystic breasts and ovarian cysts reckons Dr David Brownstein, author of *Iodine: Why You Need It, Why You Can’t Live Without It*, and a world-renowned authority on iodine:

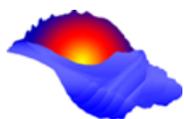
“Every cell in the body contains and utilizes iodine. Iodine is concentrated in the glandular system of the body. The thyroid gland contains a higher concentration of iodine than any other organ of the body. Large amounts of iodine are also stored in many other areas of the body, including the salivary glands, cerebrospinal fluid and the brain, gastric mucosa, breasts, ovaries, and the ciliary body of the eye. In the brain, iodine concentrates in the substantia nigra, an area of the brain that has been associated with Parkinson’s Disease.”...

... Iodine has the ability to resist radiation and disease and is necessary for the thyroid gland to perform properly.

The thyroid gland is located in the neck, and all the blood in the body passes through it every 17 minutes. Because the cells making up this gland have an affinity for iodine, during this 17-minute passage the gland’s secretion of iodine kills weak germs that may have gained entry into the blood through an injury to the skin or the lining of the nose or throat, or from being eaten and absorbed by the digestive tract. Virulent germs are rendered weaker during each passage through the thyroid gland until they are finally destroyed, but only if the gland has its normal supply of iodine.

It is well established that the iodine content of the thyroid gland is dependent upon the iodine available in the food and water intake of the individual. If the iodine intake is low, the gland is deprived of a vital element needed to do its work.

**To read the full article go to the link below:
http://credence.org/ECpages/?page_id=3153**



Ageless (Eternal) Beauty

Here is the promised “tweaked” body harmony sequence for experiencing Ageless (Eternal) Beauty, Weightless (Pure) Mind, Graceful (Elegant) Body, and Living (Breathing) Harmony. We recommend practicing this exercise for 28 Days.

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 fear, weight, discomfort and disharmony in this body-mind. All the ways this makes me feel...”*



After this tap on the collarbone and articulate the associated feelings for eg. This makes me feel angry/sad/anxious...

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 on to fear, weight, discomfort and disharmony, knowingly and unknowingly, I am now open to understanding and letting-go. This body-mind can relax now. I open to experiencing new ways of being.”*

And then tap on the collarbone and articulate “all the ways I have held on”

Step 3: Swap your hands round in the R&R hold and sit with the intention, *“What if it was possible for me to truly let go, to detach, to be free, and to be light, ageless, graceful and beautiful?”*

After which you can tap bilaterally on the collarbone on refusal and resistance (Yes it is possible /No it is not possible).

Step 4: 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, I now choose the experience of ageless eternal beauty, weightless pure mind, graceful elegant body, living breathing harmony.”*

This sequence comes from our 4 week web-based program focused on *“Ageless (Eternal) Beauty, Weightless (Pure) Mind, Graceful (Elegant) Body, and Living (Breathing) Harmony”* coming up in March next year.

This program will comprise of:

- Weekly group 90 minute video-conference calls (real time attendance of all 4 calls are not necessary, although it will be useful to attend a minimum of 2 of these calls)
- There will also be a 60 minute follow-up group call later on in the day for those that couldn't make the earlier time. This call will summarise the earlier call, and provide additional support.
- Recordings of all calls will be made available to participants.
- Each participant will also receive a custom designed 90 minute skype session
- Self-help exercises, nutritional tips for each week with follow-up self-help suggestions are also included.

The cost is only £180 (£120 for concessions)

Dates for the Group Video Calls:

Tuesdays 3rd, 10th, 17th and 24th March 2015

Discover the natural elegance of the body, the exquisite animating life-force, the potential of your mind, the strength of your intuition and the bliss of the SELF using LiberatingTouch. (LiberatingTouch® is an art that can help anyone to progressively experience the reality of Love and Truth; it combines holding areas of the body while simultaneously articulating the inner dialogue with healing awareness) Below is a brief look at what will be covered each week. [Link for those on Facebook](#)

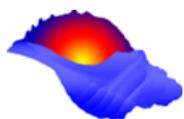
*Week 1: Ageless (Eternal) Beauty
Together we will investigate ageless beauty. We will also focus on purification, hydration, clearing toxins from the body.*

*Week 2: Weightless (Pure) Mind
We will sift through the judgements and discover the lightness that is ever present in a purified mind. We will also discuss sugar cravings, sweetness and rest.*

*Week 3: Graceful (Elegant) Body
The body is delicate and yet strong, soft yet tough, capable of sustaining itself under difficult conditions. We will take a closer look at movement, dance and exercise this week.*

*Week 4: Living (Breathing) Harmony
This week will be focused on opening and sustaining an effortless reality of Harmony, Beauty and Grace.*

If you are interested you need to email me soon. Space for only 9 glorious beings -- Thank you



Maintaining Healthy Gums: A Personal Perspective

I keep promising to write more about this in the next newsletter and the next, postponing each time, and avoiding articulating the insights that have come from my personal experience. I have battled with advanced periodontal disease for over 7 years and have used (and continue to use) a combination of nutrition, Homeopathic remedies, tissue salts, Maximol (a colloidal multi-vitamin nutritional supplement), Noni Juice, Silver, Echinacea, coconut oil, Vitamin D3, iodine, chemical free toothpaste and more... I spend 20-40 minutes in dental hygiene routine morning and evening with the blotting brush, an electric toothbrush and gum massage with vitamin E oil. I still use Jin Shin Jyutsu and LiberatingTouch daily. When the infection flares up, I simply double my effort. I was told by several dentists (because one opinion was simply not enough) that I would/could lose all my teeth. I have lost quite a few teeth on this journey and yet have plenty to smile with and about. Recently I also added eating clay to my regimen. That's right I am eating dirt now and loving it. (More about that in the next newsletter ;-)

So the question is has everything that I am doing helped me or has it been a complete waste of time, energy and finances? Well several years, 19 years ago, I could barely walk, my hair was falling out, I had chronic fatigue, hypothyroid projects, uterine projects, and the body ache and weakness would often leave me immobilised etc... Lack of confidence, doubt and fear plagued me. Slowly over time I took responsibility for my health, mind and emotions, the noticeable improvements were my hair growing back and the strength in my legs. To cut a long story short, I can now run for short bursts. The scoliosis in my spine has diminished and my health has improved. I believe that complementary therapy works, but it takes time. And although my teeth seem to be the last in a long series of health challenges, I have so much evidence from my personal experience to support the use nutrition, herbs and energy medicine that it is my chosen path.

I have known for a while now that what has helped me the most has been my growing spiritual understanding (spiritual intelligence). That when the power of Truth (God) and Love (Expression of

God) within is activated we come face to face with our deepest fears and challenges. In the process our bodies can take a bruising, tender loving care is the most potent medicine. I am certain I will recover from this health challenge as I have from so many, not because I am attached to my teeth and gums, but because I know that everything passes and all that remains is Love and Truth. In the meantime I gratefully utilise LiberatingTouch and all of nature's wisdom in this process of healing and transformation.



Reflections: Exploring Spiritual Intelligence Part 2

Most of us have some degree of physical intelligence, we feel hungry we eat, we feel thirsty we drink, we feel tired we rest and so on... But when we fall ill we require more than physical intelligence to heal. We rely on mental intelligence to make an informed decision that we are unwell. Emotional Intelligence helps us make choices about the healing route we are going to pursue. For example our mental intelligence will inform us of the importance of rest, but our emotional intelligence will permit us to fulfil this need or not. A good example of this is when someone feels guilty about taking rest and will therefore ignore all good reason to rest. So where does Spiritual Intelligence fit in? We often develop a physical illness in order to carry out healing that has a spiritual component (remembering our true nature; the love that powers our existence is enough to create a shift in awareness to bring about deep healing). Often our dis-eases/ discomforts / disharmonies are caused by our negative thinking and our fear driven emotions which are not in alignment with our innate Spiritual Intelligence.

In truth none of these intelligences function independently, however when each one of them is aligned with Spiritual Intelligence our lives become dynamic ripples of Loving Intelligence expressing deep Truth.

This article was recently published in our blog: www.appoo.co.uk

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