

Dearest Friends,

Spring is in the air, it is a time of rebirth, regeneration, and revival. Once again thank you for your incredibly useful feedback, support and encouragement. We endeavour to align all that we do, say and think with Love and Truth. Thank you for continuing to be a part of our lives. Here is a link to a 5 minute youtube video that we have just put together, it hints at the work we do:

<https://www.youtube.com/watch?v=xCJ1-020RJU>

Below is a paragraph from the Mundaka Upanishad copied from "The Principal Upanishads" by S. Radhakrishnan
It is one of my favourite paras.

*Self is everywhere, shining forth from all beings,
vaster than the vast, subtler than the most subtle,
unreachable, yet nearer than breath, than heartbeat.
Eye cannot see it, ear cannot hear it nor tongue utter it; only in deep absorption can the mind, grown pure and silent, merge with the formless truth.
As soon as you find it, you are free; you have found yourself; you have solved the great riddle; your heart forever is at peace.
Whole, you enter the Whole.
Your personal self returns to its radiant, intimate, deathless source.*

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Time to Rest

In the last newsletter I mentioned that rest and reconciliation was going to be an important theme for me this year. So far it has been vital. I have noticed that when I don't rest, my immune system at first begins to work very hard and then begins to nosedive, my mind becomes foggy, I am more likely to be irritable and the work that I do is then tainted with that energy. These are just the most noticeable symptoms.

I am very flexible in how I rest, it's not like I say to myself, that's it, every afternoon I will nap for 20 minutes, no it is more like, when I book appointments now, I make time to rest in-between. When I get tired I take the next opportunity to grab a little shut-eye or time to hold my fingers and rest. There is a great article at the link below that describes how a nap every day can help from boosting memory, enhance creativity to lowering blood pressure. A nap is definitely better than a coffee break.

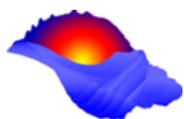
www.treehugger.com/health/7-surprising-benefits-afternoon-nap.html



Meditators lose less 'Grey matter'

From one of the best health resources online: www.wddty.com

Meditation may help us hold on to more 'grey matter' in the brain, and keep us mentally sharp as we get older, a new study has found. People who have meditated for years seem to lose less of the brain's grey matter—the tissue



that contains neurons—than those who didn't, say researchers from the University of California at Los Angeles (UCLA).

When they looked at the brains of 50 long-term meditators, and compared them to 50 non-meditators, they found significant differences in the amount of grey matter between the two. "We expected rather small and distinct effects located in some of the regions (of the brain) that had previously been associated with meditating. Instead, what we actually observed was a widespread effect of meditation that encompassed regions throughout the entire brain," said lead researcher Dr Florian Kurth.

Each group was made up of 28 men and 22 women aged from 24 to 77, and those who meditated had been doing so for between four and 46 years. MRI scans were used to monitor the brains of the participants, and although all the older people in the trial displayed some loss of grey matter, it was far less in those who meditated. (Source: *Frontiers in Psychology*, 2015; 5: doi: 10.3389/fpsyg.2014.01551)

AMAZING HEALTH BENEFITS OF CARDAMOM (ELAAICHI)

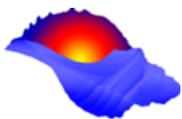
I love cardamom tea; I just put a 3 or 4 pods into a cup and pour hot water and sip, so I was pleased to discover these health benefits:



1. Cardamom helps to relieve gas and heart burn.
2. Cardamom gives relief from headaches. (Apparently applying the paste over forehead gives relief.)
3. Cardamom is useful for the protection against heat stroke. One should chew a cardamom while walking in the sun.
4. Aromatic cardamom acts as breath freshener because of its fragrance.
5. Cardamom helps detoxify the effects of caffeine.
6. In Ayurveda it is considered helpful in balancing all the three doshas that's why it is described as "tridoshic".
7. Useful in various kinds of respiratory disorders.
8. Cardamom also helps in asthma. Ingesting a paste of cardamom powder and honey is supposed to help asthma and whooping-cough.
9. Cardamom has anti-spasmodic abilities so it is helpful in stopping spasms and tremors.
10. Cardamom helps in the stimulation and regulation process of gastric juices and balances stomach acids.
11. Cardamom helps to cure gum and tooth infections.
12. Cardamom supports the detoxification process of the body.
13. Cardamom is supposedly useful with urinary problems. You have to eat cardamom added in curd or honey.
14. Cardamom warms the respiratory tract and increases the circulation in the lungs.
15. It helps those suffering from stomach cramps
16. Cardamom is a boon for vocalists as it helps in improving their voice.
17. It can relieve hiccups.
18. It is one of the antidepressants in Ayurveda.
19. Good remedy for those feeling nauseous.
20. Cardamom's aroma has encouraging effects on the nervous system. It gives healthy feelings during any period of weakness.

Conversation with a friend

A close friend was going through a really difficult patch and the only way to lighten her load was to share a brief moment of joy. That moment was so delightful that the gravity of her situation ceased to upset her for a short while and the affects her



of laughter rippled out in her life. As I said to her later, if we cannot laugh in the darkest hours then the rest of the time it don't really count. It's not to say that we shouldn't be crying, or getting angry or be sad, they all have their place in the gamut of human experience (expression). However, if laughter can be woven in through the fabric of our lives it empowers us.

Many of you wrote to me expressing that you wished you could have participated in the March "Ageless (Eternal) Beauty" Event. It was better than I imagined. Well here are links to the four mid-week supporting videos:

- [Week 1 Ageless Beauty Supporting Video](#)
- [Week 2 Weightless mind Supporting Video](#)
- [Week 3 Graceful Body Supporting Video](#)
- [Week 4 Living Harmony Supporting Video](#)

The attendees participated in weekly 90 minute video conference calls (five in total, if they missed one they could access a recording of the live call). We covered topics from how to deal with panic, demands on our time, shame, fear of failure, grief, anger, anxiety, physical pain, control, ancestral patterns, struggling to take timeout. It was interesting what showed up. From that day's conference call I would then custom design an audio meditation that was emailed out to everyone that evening. They were also given easy LiberatingTouch sequences (new each week) to practice, a self-help activity and nourishing tips. Each person also received an individual skype session. I maintained daily contact on a closed facebook group as well. It was full-on but at the same time very manageable and most importantly rewarding. I will be hosting another one in October. Link for the facebook page:

<https://www.facebook.com/events/1393771547608846/>

Link on our website:

<http://www.emotionalhealthcentre.com/pdf/other/Ageless%20Beauty%20Web%20info.pdf>

Here is our workshop schedule in St. Leonards on Sea over the next two months:

April:

Jin Shin Jyutsu - Self Help Workshop
Saturday & Sunday 11th and 12th April (fully booked)

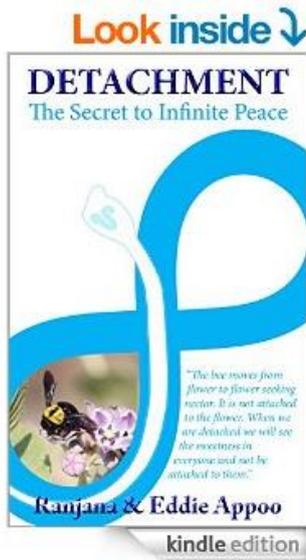
May:

The Foundations of LiberatingTouch®
9th May 2015 (2 places left)
LiberatingTouch® 8 Day Class
(The Heart of Understanding) (2 places left)
23rd-30th May 2015

If you are interested in any of these do email us soon. Link with info:

http://www.emotionalhealthcentre.com/worksh_ops.html

Issue 33, Apr - Jun 2015



Just to let you know from the 13th to the 20th of April our book will be available for less than half price. It will be on offer at 52% off on Amazon Kindle. Here is the link that you can use:

http://www.amazon.co.uk/gp/product/B00QNW1K1W/ref=as_li_tl?ie=UTF8&camp=1634&creative=6738&creativeASIN=B00QNW1K1W&linkCode=as2&tag=mothealcen04-21&linkId=4M3AKNGESEZWZ6DM

We are deeply grateful to those that have written a review. We would really appreciate a few more reviews. The only way to leave a review on Amazon is to buy the book. Thank you <3

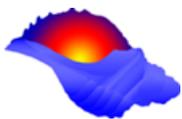
A few more video links

In the last newsletter I promised you a video link for the Liberating Ho'oponopono Sequence, here it is:

<https://www.youtube.com/watch?v=T7BT2rlP6Ps> (It is only a minute long)

Instructions for the sequence are available on our blog www.appoo.co.uk or on the youtube video page.

Forgiveness and surrender are two profoundly effective ways to disarm the mind and reveal the infinite power of the Heart.



Reflections:

4 Notable Genres of Spirituality

In today's world there seem to be 4 notable genres of spirituality. They all have their place and it is useful to explore these to appreciate how they nourish our personal growth and developing spiritual intelligence. These four approaches are outlined below in brief. Of course, they are not so cut and dried and there are many interwoven links. We talk about these genres, their interconnections and their effect on a growing spiritual world in greater detail during our [Heart of Understanding 8 Day LiberatingTouch Class](#).

1. "Popular Spirituality"

Popular spirituality is part of a growing life-affirming genre – It is life loving and joyous, there is almost a feeling that anything goes so long as one is focused on compassion, kindness, positivity, sustainability and being present. This can be a confusing blend of non-dualism and body celebration. For some this approach lacks depth, accountability and does not always allow for the complexity of life's many experiences. There is an avoidance of discipline and commitment, but there is a huge exploratory element which allows one to venture and discover life outside the confines of certainty. This genre avoids using the word God in describing its affiliation and prefers to use words like, Presence, Grace, Source and similar terminology.

2. "Tradition and Faith"

The traditional genre or the route of religion is when one consciously demonstrates love for God or a Higher Power. It is often defined by a set of codified practices or by adopting ancient observations, theology, or philosophy. Some of these approaches have been passed down for generations. The merit in this genre is the emphasis on community, having a value-based life, a life of service. Each tradition has a set of laws that provide the seeker with an ethical life-honouring framework to build upon. The issue with this genre is that over centuries prejudice and misappropriation has tainted some of the original teachings. Much has been lost in translation, yet the essence of these

traditions continues to be beacons of light and wisdom for many.

3. "Investigative Spirituality"

This inquiry based spiritual path shows itself in the growing cognitive therapeutic approaches. This genre veers away from devotion. Its focus is understanding, knowledge, mindfulness and self-awareness. Here the seeker actively engages in deconstructing what they believe about themselves, the world they inhabit, so that they can discover the Truth about themselves. It uses catch phrases like oneness, existence, non-existence, and absolute. Its non-dualistic approach although deeply compassionate and meditative is fairly cerebral and does not always allow for the physical, emotional or the more "chaotic" expressions of the spiritual seeker for example, the tears of yearning.

4. "Integrative and Intuitive"

Integrative spirituality relies on the seekers intuitive wisdom, the ability to explore, study, experience and intuit how to build a direct relationship with God. It is the uncertain route, lacking the support of tradition, the feel good of the popular or the clarity of knowledge. This genre requires one to delve into all areas of spirituality, philosophy, life, to explore Truth from an internal, intuitive perspective and because it does not have the certainty of external recognition it can be an unsettling path. Here Love is the path and Truth is the destination. This path demands the cultivation of patience (willingness to listen, devotion, tolerance and constant integrated awareness) and purity (inquiry, discernment, disciplined rigorous self-responsibility). Without these the seeker experiences confusion and conflict.

Although these 4 genres demonstrate differences in their expression and methodology, they all share the recognition and reverence of Divinity; they all have at their core a compassionate heart. This unites them in Love and eventually the seeker whatever the path returns to Truth.

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

Ps. We invite you to join our group [Liberating Consciousness on Facebook](#).