

Liberate Your Life - BE FREE TO GROW

A 7 month custom designed Personal Transformation Adventure

For Skype, Phone or Face to Face sessions
Details of the Plan, Cost & Benefits below

The purpose of this program is to support you as you discover your dreams and desires, to help you experience contentment and most of all to Know (Heal) your Self. It will give you the opportunity to work closely with Ranjana and Eddie Appoo, dedicated Wholistic Health Professionals and Energy Therapists, for 7 months. This is a



custom designed program to heal the mind and liberate your Heart. The first step is to arrange a free consultation and discuss your needs and discover if Ranjana and Eddie can help you feel FREE TO GROW. **Email Ranjana or Eddie at emotionalhealthcentre@googlemail.com to book your free consultation.**

Ranjana writes, *"Having worked with clients for years on a variety of issues we discovered that using a combination of Energy Psychology techniques and Jin Shin Jyutsu over a period of 7 months to a year has profound benefits. On average most of those who contact us for individual consultations organise sessions on a short-term basis. This varies between two to six sessions (Face to Face sessions and/or phone/skype sessions), although if an issue is complex, more sessions may be required. This is very effective, and in 85% of all projects, relief is experienced and people move on. However, the clients who I have worked with over a longer period of time (on average 2 sessions a month for 7 months to a year) have benefited in a way that has transformed nearly every aspect of their lives!*

*In my own life, having used these techniques for years I can say that I have not had a cough or cold in years. When challenges come my way they are adventures. Aches, pains and injuries heal swiftly now. Having had a history of depression, chronic fatigue and migraines, I never dreamt I could feel this relaxed, happy or confident; that I could be completely free from addictions, from alcohol and tobacco, and that I could love myself and enjoy BEING ALIVE. In the past I would easily succumb to depression. **Now it is easy for me to shift my vibration, face myself with honesty and acceptance, restore harmony in my body, mind and spirit, and focus on Truth and Love.** I also pay close attention to my physical needs, like diet, nutrition, supplementation, relaxation and exercise."*

Do you feel as if something is holding you back?

Do you ever feel Stuck? Do you ever feel Alone?

Do you either dominate and intimidate others or feel intimidated, coerced and manipulated and can't stand up for yourself, express your Truth?

Are you seeking Peace, Harmony or Balance in your life?

Are you struggling with Fatigue or Pain? Do you get stressed and anxious?

Are you either unemotional or disconnected from your feelings or are your feelings running you?

Are you unhappy with your life/relationships/ work?

Do you want to break free of addictions and trapped feelings?

Do you ever think WHO AM I, WHY AM I HERE, WHAT IS MY PURPOSE, WHAT DO I WANT, CAN I BE HAPPY?

Do you think; I want to be a better person? If any of these questions resonate with you then this is the perfect programme for you.

After your free Consultation below is a possible Plan, Cost & Benefits for **Telephone / Skype Clients** (these details are not fixed, your circumstances and your requirements all need to be taken into account)

- **7 months*** working with 2 dedicated Wholistic Health Professionals focused on supporting your awareness, transformation, choices and journey
- **2 LiberatingTouch 1 hour sessions with Eddie and/or Ranjana every month**
(Normally a minimum of £120 / approx \$180 for 2 EFT telephone sessions)
- **Email and Telephone Support** (you can call us and leave a message whenever you have questions, for e.g. Post Session Questions, Self Help questions, if you get stuck or are feeling overwhelmed we will get back to you ASAP) for 7 months (Priceless)
- Will also Practice **surrogate / intention LiberatingTouch** for you
- You will be able to **schedule convenient appointments**

Total Cost for this package would be £80 per month or £560 in total
(A saving of over £40 + extra attention every month, a total saving of over £280)
For those who want to pay in advance for the 7 months, there is a further discount

After your free Consultation below is a possible Plan, Cost & Benefits for **Face to Face Clients** (these details are not fixed, your circumstances and your requirements all need to be taken into account)

- **7 months*** working with 2 dedicated Wholistic Health Professionals focused on supporting your awareness, transformation, choices and journey
- **2 LiberatingTouch 1 hour sessions with Eddie and/or Ranjana every month**
(Normally a minimum of £120)
- **Email and Telephone Support** (you can call us and leave a message whenever you have questions, for e.g. Post Session Questions, Self Help questions, if you get stuck or are feeling overwhelmed we will get back to you ASAP) for 7 months (Priceless)
- Will also Practice **surrogate / intention LiberatingTouch** for you
- You will be able to **schedule convenient appointments**
- You will also receive **1 Jin Shin Jyutsu session every month** to help balance and harmonise the changes (normally £45 per session)

Total Cost for this package would be £125 per month or only £875 in total
(A saving of over £40 + extra attention every month i.e. a saving of over £280 in total)
For those who want to pay in advance for the 7 months, there is a further discount
Payments can be made monthly by PayPal / cheque / or cash

* The 7 months can be spread over a year for example you can take time off for holidays

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