

For Individual Sessions*

LiberatingTouch® & EFT Sessions

Face to Face

Telephone & Skype sessions



With Eddie and Ranjana Together

£120 for 1 ½ hours*

£100 for 1 hour

£75 for ½ hour

With either Eddie or Ranjana

£95 for 1 ½ hours*

£75 for 1 hour

Jin Shin Jyutsu

With Eddie or Ranjana

£55 for 1 hour*

"We are energetic beings of infinite power and potential; we are the perfection of all that we seek." Ranjana Appoo

Intensives

We offer 2, 3 or 5 day rejuvenating, relaxing, breakthrough intensive sessions. These are especially customised for those of you travelling from afar and want to partake in one or two sessions a day. This gives you an opportunity to accrue the added benefits that come from receiving a number of appointments in close succession. (It is also more cost effective than individual sessions).

***Concessions are available.**



About Eddie

Eddie is an intuitive LiberatingTouch®, EFT and Jin Shin Jyutsu Practitioner and Workshop Facilitator. He is also a self taught musician and has the innate ability to sense disharmony and bring balance with astute insight. His years of

experience of working with people have helped him to understand that everyone has a unique story and potential. He unravels the meaning in these stories and so brings clarity and empowers his clients. Having also practiced meditation since 1986, Eddie allows his intuition and inner discoveries to guide him. He is dedicated to being happy and sharing happiness.

About Ranjana

Ranjana is an inspired and sensitive wholistic health professional. She is a LiberatingTouch®, EFT and Jin Shin Jyutsu Practitioner and Workshop Facilitator. She is also an AAMET Trainer of Trainers, Artist and Health Researcher. She has devoted her life to experiencing and sharing peace, delight, beauty and Truth. She has travelled extensively and lectured in Fine Arts. Ranjana also succeeded in overcoming chronic health challenges and so dedicated herself since 1995 to the study of nutrition, complementary therapies and holistic health. She compiles a quarterly newsletter to share valuable health information. She is dedicated to the journey of Self-Realisation and meeting all of life with openness and love. She continues to paint and write.



Together Eddie and Ranjana are the co-founders of the Emotional Health Centre and the co-creators of LiberatingTouch®.



Experience Truth, Freedom & Joy

Liberating Touch® & EFT

A Hands on Approach for Self Realisation
For Healing the Mind & Illuminating the Heart
For Freedom from any Emotional/ Mental and
Physical Stress

Jin Shin Jyutsu

An Ancient Japanese Healing Art
Harmonising and Energising Body,
Mind & Spirit

Eddie & Ranjana Appoo

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What is LiberatingTouch®? What is EFT?

Quite simply LiberatingTouch & EFT (Emotional Freedom Techniques) entails tuning into whatever is creating disharmony or distress in your life, getting to the core of it through awareness and inquiry while at the same time stimulating various locations on the face, chest and fingers thus balancing the body's energetic field and healing mental and emotional resistance, blocks and suffering.

EFT (Emotional Freedom Techniques) is the most exciting breakthrough in therapy and personal development in a long time. It is a new treatment tool for anxieties, fears, trauma, procrastination, addictions, weight loss and much more: a gentle highly effective way to transform any issue blocking emotional happiness or personal achievement.

LiberatingTouch® is a hands-on approach to SELF Realisation. It is a combination of the energy healing methods practised by Ancient cultures and the method of inquiry developed by the ancient mystics and philosophers. Many ancient cultures and shamanic traditions believe that we all have an "energy body" and that energy flows through this body as rivers of vital life force. They believed that when this energy flow is out of balance we experience illness, suffering or pain.



By combining this understanding of energy with self inquiry, self investigation and self knowledge we can heal the mind and illuminate the immense power of the Heart. This in turn fills us with health and vitality.

With LiberatingTouch, the practitioner gently asks relevant and intuitive questions regarding the problem. Together we investigate corresponding emotions and perceptions of the issue while engaging the energy body, thereby accelerating the process of awareness and healing. For example, holding specific areas on the body while asking the following questions, "What are the core beliefs running my life now? What do I want? How do I perceive myself?" can bring flashes of insight, awe and release. **Together we learn that healing is a natural side effect of experiencing Truth.**

By understanding the nature of the energy body, and the nature of the mind we enhance our awareness and access our infinite potential.

LiberatingTouch is an art that can help anyone to progressively step into their Truth and discover their innate power to heal themselves in all areas of life. We invite you to discover your inborn happiness and realise the magnificence of the SELF.

"Thank you so much for my session on Friday. My work with you has left me feeling so vibrant and alive. The work you are doing is so valuable to the world. To be able to enable us to walk in light and be in our power is incredible. I have new understanding, new hope, revived spirit and a new desire to really live!" Elaine

What is Jin Shin Jyutsu?

"The truth is that within each of us lies the power to cast all misery aside and to KNOW complete Peace and Oneness to BE that beautiful creation of perfect harmony to truly KNOW (Help) MySelf" Mary Burmeister, Jin Shin Jyutsu Inc



Jin Shin Jyutsu Physio-Philosophy is an ancient art of harmonizing the life energy in the body. Jin Shin Jyutsu brings balance to the body's energies, which promotes optimal health and well-being. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress. It is a gentle and unobtrusive, deeply relaxing, dynamic way of helping the body to help harmonise and so heal itself.

Jin Shin Jyutsu employs twenty-six "safety energy locks" along energy pathways that feed life into our bodies. When one or more of the paths become blocked, the resulting stagnation can disrupt the local area and eventually disharmonise the complete path of energy flow. Holding these energy locks in combination can bring balance to mind, body and spirit.

Jin Shin Jyutsu does not involve massage, manipulation of the bones or muscles, or use of substances. It is a gentle art, practiced by placing the fingertips over clothing on designated areas, to harmonise and restore the energy flow.