



LiberatingTouch®

In-Depth Seminars 2012

Emotional Health Centre,

St. Leonards on Sea, UK

11th - 18th August 2012,

11th - 18th of November 2012, 10am – 5.15pm

With Eddie & Ranjana Appoo (founders of the [Emotional Health Centre](#))

This 8 day Seminar has been designed specifically for spiritual explorers, change seekers, transformational facilitators and practitioners dedicated to Healing, Truth and Self Realisation

LiberatingTouch® is a Hands-on Approach to Health, Happiness and Self Realisation

Together, we will explore, experiment, witness demonstrations, and learn practical ways to heal the mind and Liberate the Heart from fear and attachment. The only prerequisite for attending is the EFT & LiberatingTouch Foundations weekend workshop or a 2 hour bespoke phone session; this will help you prepare for the intense journey of Self discovery.

We invite you to join us in creating this sacred space of Loving Integrated Awareness

*LiberatingTouch can be used to reclaim your power (energy) so you are free to grow, heal and live with integrity. If everything is energy then we can say that trauma, anger, love, money are all expressions of energy. With LiberatingTouch we un-create negative conditions, freeing the trapped energy from the mind, unrequited desires, suffering, memories of pain, and illuminate the immense power of the Heart. **With LiberatingTouch we learn that the secret to happiness is detachment, and Love is the secret underlying all healing.** LiberatingTouch can be a vehicle that takes us home to that place of healing within us.*

LiberatingTouch® is the Art of Letting Go for Self Realisation

Cost: £800 for new students, £600 for Emotional Health Centre students, £400 for review students, please contact us if you require a concession

When you enrol for the 8 day Art of LiberatingTouch as a new student you also get 1 year email and phone support (priceless), 2 free sessions with Ranjana or Eddie (worth £160) and you receive an invitation to join the Mentoring Days (invaluable support). Booking is essential as places are limited.

Class materials are provided for new students; it will be a good idea to bring coloured pens and a notebook.

Details for the 8 Day Seminar

Workshop Contents

Day 1

The origins of LiberatingTouch and its ongoing dynamic development

What is LiberatingTouch®?

The 4 Tenets, Exposing the Lie, Awakening Awareness & BEing in your Power

Introducing the Detachment Process

Incorporating AAMET Level 3 EFT Training (the art of EFT delivery and expertise)

Day 2

More on the 4 main Tenets of *LiberatingTouch*

1. Truth

Connecting to SELF (The Absolute Truth, Love, Cosmic Consciousness, Higher Self) and acknowledging our innate divinity and wisdom.

2. Responsibility to SELF and others

Meditative Inquiry, Unconditional Listening, investigating and understanding the mind (the cause of ALL suffering and separation). Through intuitive understanding liberate the mind from fear, attachment and negative emotions.

3. Peace

Awakening Awareness with the Breath and the Hands. Dialoguing with the mind-body through the 5 sensory organs. BEing the Constant Integrated Awareness. KNOW (heal) Myself.

4. Love

ILLuminating the immense power of the Heart and meeting ALL of suffering with Love and Compassion. Applying the power of Forgiveness, Gratitude and Surrender.

The How to of LiberatingTouch / Practical Applications

Harmonising and balancing the mind-body by holding the Energy Locations while investigating core issues with Meditative Inquiry and Unconditional Listening

Awareness of Energy Balancing Locations and Focused Meditative Touch

Bilateral Energy Body Stimulation

Balancing Energy pathways

Day 3

Awakening Awareness for Health, Happiness and Liberation

Letting go of Limiting Beliefs and adopting Life Enhancing Beliefs

Reframing and Opening to Shifts in Cognition

Cultivating SELF confidence

The Flame of Love

Useful Sequences, Processes, and how to formulate a LiberatingTouch process

www.emotionalhealthcentre.com 01424 427919 for Health and Spiritual Regeneration

Day 4

The Inner Child

Memory & Trauma, the Brain and Trauma

Completing the LiberatingTouch Detachment Process

Day 5

The Journey Home (Love, Truth, Goodness) from the mind to the Heart, the art of Balance and SELF-Knowledge

Exploring the Subtle Bodies (Koshas), Energy Vortexes (Chakras), innate Divine Power (Kundalini)

Exploring the Mind-body, desire, fear, attachment, material creation and the power of detachment, discernment and divine guidance

Bringing our shadow aspects into the light with inquiry, astrology and numerology

The Journey from suffering to Source

Day 6

Interweaving Art, Storytelling, Imagery, Drawing, Mental Movies, Music, Rhythm, Movement,

Using Sensory Stimulus for e.g. smell, taste, touch with Breath and Body Awareness

Experiencing Abundance and Grace, Developing a "Yoga mind"

Day 7

Using LiberatingTouch to

- Change our Vibration or Frequency
- Work with Health Projects, Chronic and Critical Labels
- Work with Mental and Emotional Stress, Anxiety, Depression
- Work with Relationship challenges
- Work with Addictions and Cravings
- Work with Poverty and Lack
- Work with inner Suffering and feelings of Separation
- Work with Past Lives and inherited (generational) Memories,
- Work with Samskar (subconscious impressions), Vasanas (tendencies) and conditioned behaviour

Day 8

The 4 main phases of Healing (Self-Realisation) with LiberatingTouch

1. Awareness of Suffering
Bringing our shadows and fears into the light. Investigating our stories, identifications, and exposing the lie of powerlessness and imperfection.
2. Awareness of Light
Opening to clarity, lightness, Goodness and Love, remembering our origins, consciously making a connection to the Higher SELF and understanding the Truth about personal power and Cosmic Power.
3. Detachment and Openness
Letting go, getting back into a positive flow, balancing and harmonising our vibration and energy.
4. Self Knowledge and Integration
BE coming aware of the SELF, integrating the process of transmutation with Gratitude, opening to expanded Consciousness, and making a devotional leap for Liberation and Realisation.