

# Healing the Mind & Freeing the Heart



The End of Suffering  
Using EFT Alchemy for Self (Spiritual) Realisation

EFT Alchemy for Self (Spiritual) Realisation – Healing the Mind and Freeing the Heart,  
Ranjana Appoo, [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

# Understanding Vibration and Resonance

Rivers of Energy (Light) flow through everything

*"The cause of ALL negative emotion is a disruption in the energy field" The EFT Discovery Statement*

*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*

*"Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter." Albert Einstein*

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*We have our TWO HANDS as our REJUVENATORS and HARMONISERS. With these two hands we have the privilege of helping ourselves and others to get in tune with the universe. Hands are generators of the Creator Power – not from within us but a part of the ever – constant and forever balanced universal SUPPLY. We need only be AWARE of this supply. Mary Burmeister*

*“A mortal lives not through that breath that flows in and that flows out. The source of his life is another and this causes the breath to flow.” Paracelsus*

# The Secret of Detachment

Loving Reality

EFT Alchemy

Experience

Desire

F.E.A.R

Beliefs &  
Limitations

Trauma & the Freeze,  
Flight, Fight Response

Ancestral / Genetic  
Encoding

## Healing the Wounded Mind

A Healthy Ego/Mind  
understands/ knows The Secret  
of Surrender & the promise of  
Letting Go

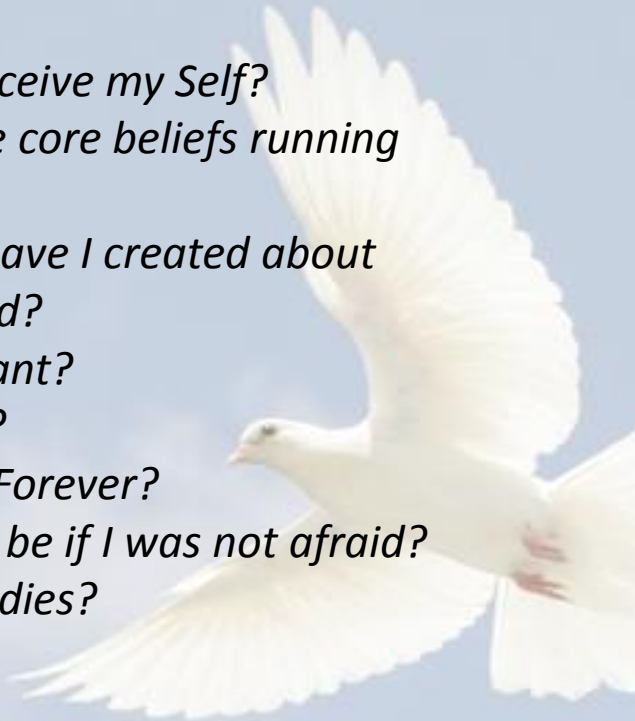
Collective Unconscious

Collective Consciousness

# Inquiry in EFT Alchemy

## *Inquiry:*

- *Who Am I?*
- *How do I perceive my Self?*
- *What are the core beliefs running my life?*
- *What story have I created about me? The world?*
- *What do I want?*
- *What is real?*
- *Is this True? Forever?*
- *Who would I be if I was not afraid?*
- *What really dies?*



## **Balance & Harmony**

Love

Desire

The Unreal and the Real,

Darkness and Light

Temporary or Permanent

Perfection and Imperfection

Mortality and Immortality

*One does not become enlightened by imagining figures of light but by making the darkness conscious.*

C Jung

# Inquiry in EFT Alchemy

Infinite Potential for Joy

## Freeing the Heart

Be-ing in Truth, Love and Peace

“The Heart knows what the Heart knows...It recognises pain and knows the Truth”

Meeting ALL “my” thoughts with Openness, Authenticity, Love and Understanding

Seeing through the Eyes of Love

*Inquiry:*

*Notice and write down a belief that upsets you*

- *Is the belief absolutely true*
- *Why are you holding onto this thought*
- *How do you react, what happens, when you believe that thought?*
- *How do you treat others / yourself when you believe this thought? Does it hurt you? Others?*
- *Who would you be without this belief/ thought?*

# EFT Alchemy

## **1. Understanding the Quality of Lead**

Awareness of Pain, Suffering, Listening to the Story, Tuning in, Embarking on the Personal Peace Procedure,

## **2. Experiencing the Quality of Gold**

The Awareness of Light and Dark, the experience of Polarity, Heaven and Hell, Good and Bad, Unravelling the story, Fact from Fiction, the rollercoaster of Separation, EFT Inquiry

## **3. Transformation of Lead into Gold**

Integrating the Light and living in a place of Openness, Truth, Love, Equanimity, No separation, Transmutation, Expansive Realisation, Expanded Consciousness

Write down 3 things you are most afraid of happening, want to avoid, or hate.

What would happen in your life if you looked forward to what you fear...

*The important thing is to be able at any moment to sacrifice what you are for what you could become.*

*Charles Dubois*

*The human spirit is so great a thing that no man can express it; could we rightly comprehend the mind of man nothing would be impossible to us upon the earth. Paracelsus*

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The Truth about Love and Desire

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The Emotional Toothbrush Downloads,  
*(Tapping Sequences for your MP3 player-  
Free to download)*

Return to Joy Workshops,  
Living with Desire –  
The Heart of Enlightened Living Workshops  
and  
Comprehensive EFT Training for Healing &  
Transformation  
and more...