

## Upcoming Workshops



### Foundations of LiberatingTouch & EFT Level 1 Workshop\*

Join us for an introduction to EFT (EMOTIONAL FREEDOM TECHNIQUES), the revolutionary healing method that targets unresolved emotional issues and the potential blocks to vibrant health and happiness and also experience the transformative healing art of LIBERATING TOUCH

Saturday & Sunday  
21<sup>st</sup> & 22<sup>nd</sup> April or 16<sup>th</sup> & 17<sup>th</sup> June 2012  
10AM to 5PM £95 per Person

### EFT Level 2 Practitioner Training\*

Once you've completed Level One, you're ready to expand your effectiveness with EFT! Join us and learn how to find core issues, how to test your results, how to deliver EFT over the phone, how to work with groups and more!



Saturday and Sunday 22<sup>nd</sup> & 23<sup>rd</sup>  
September 2012  
10AM to 5PM £245 per Person

Please call for more information

\*These workshops are run according to the guidelines of the Association for the Advancement of Meridian Energy Therapies (AAMET). These workshops represent the views of the presenter(s). We express our deep gratitude Gary and to all that have contributed to this field.

More information is available at [www.aamet.org](http://www.aamet.org)

## Testimonials

"Someday the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools ...as it is for me." **Eric Robins, MD**

"My doorman told me that after suffering from weekly and sometimes daily migraines since childhood, he hadn't had a single migraine since the EFT treatment, which was between 5 and 6 years ago. He still doesn't understand what went on in my office, but is thrilled with his relief." **Dr. Carol Look, LCSW, DCH**

"My background is science and I have worked as a design engineer. The first time I encountered EFT (through Ranjana) I thought it was absolutely bizarre. It was so peculiar that I believed that it would never work and even laughed. My views changed rapidly once I experienced the results. Using it has led me to become more confident and secure about myself with a much more positive attitude. I have used it on many people and most have benefited. In some cases EFT can produce positive life-changing effects in only a few minutes, from the removal of pain to the relief of those day-to-day problems that weigh us down and even to long standing problems of 30 years or more. It always amazes me that something so simple can be so effective." **Steve Grist, EFT Practitioner**

"Thank you Ranjana for the Saturday's workshop and your enthusiasm, generosity, patience and hospitality. EFT is without a doubt the most amazing tool towards liberation and fulfilment, and I feel like I've only just scratched the very surface of the user manual. It's all very exciting, which is all to do with you, the teacher, and your contagious love for life - thank you." **Olga Bogdan Hodgson Mother and Therapist**

Discover Powerful  
Techniques to  
Understand and  
Heal (ALL) Negative  
Emotions by  
balancing your  
Body's Energy  
System



Liberating Touch &  
EFT Workshops

With Ranjana Appoo  
AAMET Trainer

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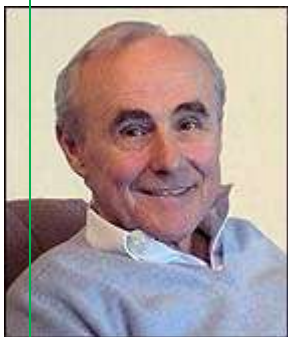
## Addressing the Cause

Based on the ancient principles of acupuncture, EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we heal that disruption. Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often remove the resulting symptoms.

EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.

*"I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular.*



**It often works where nothing else will."**

Gary Craig, Founder of EFT

## LiberatingTouch



Quite simply LiberatingTouch, like classic 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. LiberatingTouch has the additional components of Ancient Eastern Wisdom, Touch with Awareness, Breath Awareness, Meditative Inquiry, Unconditional (Intuitive) Listening, Transpersonal theory, Understanding Dreams and Metaphors, Drawing, Music, Movement, Creative Visualisation, Yoga, and experiential knowledge of the Higher SELF.

*"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.** We invite you to discover your inborn happiness and realise the magnificence of the SELF."*



Ranjana & Eddie Appoo



## The Possibilities

Extensive application of Energy Psychology (EFT, LiberatingTouch, etc.) has shown impressive improvements in a wide variety of issues, including those listed below.

### PERSONAL PERFORMANCE

- Abundance
- Weight Loss
- Business and Career Goals
- Self Actualisation

### EMOTIONAL CHALLENGES

- Children's Behavior
- Relationship Issues
- Anger Management
- Depression
- Insomnia
- Severe Trauma (PTSD)
- Addictions
- Sexual Abuse
- Phobias

### PHYSICAL DISEASE

- Allergies
- Migraines
- Pain Management
- Chronic Fatigue Syndrome
- Multiple Chemical Sensitivities
- Hypertension
- Fibromyalgia
- Cancer
- Muscular Dystrophy
- Diabetes

### OTHER

- Animal Healing
- Surrogate Applications