



# *Healing Separation*

## *Knowing Unity*

Beginning 15<sup>th</sup> July 2022  
For 6 weeks

*A LiberatingTouch® Adventure of Discovery and Understanding -  
Exploring the play of Shadows, Memory, Tendencies and Belief*

For the dedicated LiberatingTouch® student, facilitator and/or instructor.

**Prerequisite: Attendance of one Heart of Understanding Class 8 Day LiberatingTouch Class**

Cost: £330, Concessions: £240

### *Week 1: The Mind and the Heart*

**Video conference: Friday 15<sup>th</sup> July - UK time 10am-12.30pm (2.5 hours)**

Creation and the Source of Creation

Thinking, Believing and Knowing

Essence and Sense

The dance of duality and non-duality

Setting the frame – The dance of Separation and Unification

*"The mind reacts, the heart responds, the mind suffers, the heart heals, the mind stores pain, and the heart forgives, the wounded mind is conditioned to react from fear, the open heart responds with love. The heart longs to embrace the mind with Love and Truth. The mind suspects that it might not survive that embrace."*

The mind is a wonderful instrument (a gift) for experiencing and interacting with Creation. If the mind is not cared for it becomes a hurdle and disconnects us from our power and purpose.

## *Week 2: The Dark and the Light*

**Video conference: Friday 22<sup>nd</sup> July UK time 10am-12.30pm (2.5 hours)**

Understanding -

The Real and the Unreal

Love and Fear

The Unseen and the Seen

Strength and Weakness

The mantra - Asatoma Sadgamaya...

Power, helping yourself and your client reclaim Power

## *Week 3: Memory*

**Video conference: Friday 29<sup>th</sup> July UK time 10am-12.30pm (2.5 hours)**

Traumatic memories and nostalgic memories

Memories that empower, memories that bring peace

Forgetting and Remembering

Past Lives

Present Conundrums

Future Possibilities

Samskaras, Vasanas, and Trauma

The Past, the Present, and the Future

## *Week 4: The Visible and the Invisible*

**Video conference: Friday 5<sup>th</sup> August UK time 10am-12.30pm (2.5 hours)**

The Light of the Shadow

Investigating the shadow

Making visible the invisible

Enlightenment – wholeness vs Oneness

## *Week 5: Death and Life*

**Video conference: 12<sup>th</sup> August UK time 10am-12.30pm (2.5 hours)**

The Time is Now, the place is Here.

Healing occurs in the PRESENT for the past and the future.

## *Week 6: Healing Separation and Knowing Unity*

**Video conference: 19<sup>th</sup> August UK time 10am-12.30pm (2.5 hours)**

Understanding Fear

The power of discernment

Balance

The truth about Love

Healing Separation and Knowing Unification

### *An Inner View*

*Teacher of the soul's music  
Make merry with my heart  
And let's dance together  
Through my reign of tears*

*I'm at your feet  
No place else to go  
So you took me inside  
Your inner sanctum  
Holy of holies*

*I got lost on the way  
And yet I'm in the right place  
No past or future  
All gifted to you  
Just breathing in kindness and Grace  
A mother pouring out your sweetness  
I'm undone which is a blessing*

*It's a heaven-sent mystery  
To find myself  
So close to you  
Connected in a loving embrace.*

*By Angela Kirk*

### **FAQ:**

1. Will i need to interact with the other participants after the video conference calls?

No, you do not need to, there are no swaps or discussions with others scheduled in this class.

2. What if i miss a call?

You will be sent a recording, so no worries. You will benefit by attending 3 or more of the calls.

3. Will there be a lot of self-help to do?

No, the exercises are bite-sized manageable supportive practices spread over the 6 weeks and there is no pressure on you to complete the self-help. It will be entirely in your hands.

4. Can i get a concession?

Yes, if you are an OAP, are on low income, or in debt. Please message us with your request.

5. Will this class go towards my CPD? Yes, it can. If you need a certificate, let us know and we will provide you with a certificate for 18 hours of CPD

6. What if i have a question, or i feel stuck?

There will be a dedicated Facebook group, where you can post what is happening with you and we will respond within 24 hours. Alternatively, you can message us privately on Facebook.

7. Will i have any private time with Ranjana or Eddie on this course?

Sorry, No. Most of the interaction will occur via the group conference calls or in the Facebook group.

8. Do i need to pay in advance?

Yes please, preferably by the 20th of June 2022. Thank you.

9. I have already completed several workshops on shadow work, including Debbie Ford's workshop, will this help me?

YES, yes, yes, i will mention Debbie Ford and her huge contribution to made to this field.

10. What does the cost include?

The Cost is £330, Concessions: £240

This includes:

- Weekly group 150-minute video-conference call (real time attendance of all 6 calls are not necessary, although it will be useful to attend a minimum of 3 of these calls)
- Audio Video recordings of all calls will be made available to participants.
- Each week you will be given self-help quickies, insightful tips for each week, and follow-up exploration exercises
- A dedicated FB group for posting and keeping in touch beginning one week prior to the program for 6 weeks.

To register kindly email Ranjana at [liberatingtouchcentre@gmail.com](mailto:liberatingtouchcentre@gmail.com) or message her on Facebook. THANK YOU