

The Heart of Understanding 8 Day Online LiberatingTouch Class 2024



15 - 22 January 2024 (inclusive)

[Dive Deep into Presence and Understanding](#)

This ONLINE 8 Day Class will be held on Zoom 10am to 12pm and then 2.30pm-4.30pm
BST and is presented by Eddie and Ranjana Appoo – [Link to the YouTube Invite](#) <3

The Plan:

10am - 12pm

Focus on philosophy, experiential wisdom and know-how

12pm - 2.30pm

Rest and Self-help

2.30pm - 4.30pm

Focus on practice, Q&A and fun

Facebook Link: <https://fb.me/e/3DJApIJBh>

The 'Heart of Understanding 8 Day Class' is a self-development class that has been specifically designed for Truth seekers, humanitarians, holistic health practitioners, Spiritual explorers, change agents, life coaches, and innovative conscientious leaders. Together we will explore and experiment, witness demonstrations, and learn practical ways to heal the mind. Our focus is to liberate the mind from fear and attachment to experience the Power of Truth and Love.

This class is intended to be an experiential adventure of awareness and discovery, for regaining your power, SELF-confidence and for opening the doors to SELF-Realisation. LiberatingTouch® is a system that combines meditative inquiry and healing touch to help you remember the eternal goodness and beauty of the SELF. In this class you discover that LiberatingTouch® is so much more than a healing art, it provides students with insight into the philosophy of Truth (Eternal Wisdom), an understanding of the laws of creation (Love), revelations about the SELF, and encouragement to go with the guidance (intuition).

The minimum pre-requisite for joining this class is attendance of the LiberatingTouch Foundations Day or 2 LiberatingTouch Intensives and the completion of one detachment process.

Kindly email Ranjana Appoo at liberatingtouchcentre@gmail.com for further details. Booking is essential as places are limited.

As this is an ONLINE Class – the cost for the class is £560 for all students (new and review). Concessions are £440 and payment plans are available.

Ps. The class will be recorded so you can review the content for 3 months following our time together.

Pps. All students get ongoing support for years to come.

During these 8 days we will explore

The Origins of LiberatingTouch® and its On-going Dynamic Development
The Yoga, Philosophy, Psychology, Art and Practice of LiberatingTouch®

Exposing the Lie, Awakening Awareness & BEing in your Power
Steps to Reclaim Personal Power
The LiberatingTouch® Detachment Process

The 4 main Tenets of LiberatingTouch® and their Practical Applications

Truth

Learning from Nature

Responsibility to SELF and others

Meditative Inquiry & Unconditional Listening

Peace

Explore Energy Balancing Locations

Love

How to Formulate a LiberatingTouch® Process

Letting go of Limiting Beliefs & Adopting Life Enhancing Beliefs
Reframing and Opening to Shifts in Cognition

Working with Memory & Trauma

The Importance of Embracing the Hurt Inner Child and Healing Memory

Working with Stored Negative Experiences & Generational Pain

The Journey Home

Exploring the Mind - Story, Identification and Transcendence

The Journey from Suffering to Source – From Fear to Love

Understanding the Shadows

Embracing and Learning from the Paradox

What We Resist Persists...

Interweaving Storytelling & Imagery

Parables, Stories, Legends, and Folklore employed in LiberatingTouch®

Creating Visualisations and Inner Journeys

Enlightening the Mind

Understanding Desire

Using LiberatingTouch®

Working with Health Projects, Addictions, Chronic and Critical Labels

Working with Mental and Emotional Stress, Chronic Anxiety or Depression

The Alchemy of LiberatingTouch®

The 4 main stages of Healing, Awakening and Self-Realisation with LiberatingTouch®

<https://youtu.be/NYWChOn5IKQ?si=DZpOpp7S14Shrzbc>