



# LIVING COMPASS

*Beginning 1<sup>st</sup> FEBRUARY 2025*

*Follow your Heart, go with the Guidance,*

*Trust J O Y & be L O V E*

Each one of us is born with an innate knowing, an intuitive wisdom, a Living Compass within us. It's a sweet choice to live one's life guided by IT - Intuitive (Infinite) Truth.

This 4-Week online class, presented by Ranjana Appoo, explores the practical applications of the 4 tenets of Love, Self-Responsibility, Peace, and Truth. These tenets are at the heart of [LiberatingTouch](http://www.liberatingtouch.com). They help you Navigate Life with Self-Awareness, Self-Responsibility, Self-Confidence, and SELF-Realisation.

*The Living Compass is the wisdom of Love and  
Truth within you*

Every week we will explore an aspect of your innate guidance system and how best to apply this in daily life and your journey to Source.

**We meet on Saturdays in February 2025 on Zoom (Zoom Video Conference Calls) at UK time 10am – 12pm, beginning 1.02.2025 and with the final call on 22.02.25.**





## *Week 1: The Path – 1st February 2025*

The path is love and love is the path

## *Week 2: Lost your way? – 8th February 2025*

It's easy to lose your way if you are overwhelmed with desires and attachments and it's easy to find your way once you practice self-responsibility and detachment.

## *Week 3: Grace – 15th February 2025*

Some days it rains and other days it pours, and every now and then you see a rainbow. It's Grace that makes us aware of the miracles born of trust.

## *Week 4: The Destination – 22nd February 2025*

Living Truth

**Pre-requisites:** Although there are no prerequisites, having an understanding of the LiberatingTouch Foundations and completion of one LT Detachment Process is recommended.

You will have opportunities to practice everything you learn and have time in-between calls to absorb and integrate your understanding.



## Cost: £220

All students have the added option of booking a 30-minute mentoring session with Ranjana. Payment can be made in instalments, concessions are available.

### **The cost includes:**

- 4 two-hour video group conference calls (real-time attendance of all 4 calls are not necessary, although it will be useful to attend a minimum of 2 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 (for those of you averse to FB, we will email you the highlights). This group will be disbanded by the end of March 2025.

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

## FAQ:

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

*No, you do not need to, unless you want to.*

2. What if I miss a call?

*You will be sent a recording, so no worries. You will benefit by attending 2 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 4 weeks and there is no pressure on you to complete the self-help. It will be entirely in your hands.*

4. 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 10 hours of CPD*

5. 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.*



## *About Ranjana*

Ranjana is an inspired and sensitive wellness mentor and educator. She practises and teaches *LiberatingTouch*®, Jin Shin Jyutsu, and EFT. She is also an Artist, Author, and Wellness Researcher. Following her experiences of Self-Realisation and her deepening understanding of the human-divine dance through and in her marriage, Ranjana has devoted her life to experiencing and sharing Love, Truth, Goodness, Joy and Beauty.

In her early years, Ranjana travelled extensively and lectured in Fine Arts. She succeeded in overcoming chronic health challenges, and since 1995, dedicated herself to the study of nutrition, complementary therapies, holistic health and spiritual development. She is a perceptive guide on the path of Self-Awakening and Bliss Awareness.



Here is a picture of Ranjana with her late husband Eddie, they are the co-creators of *LiberatingTouch* as well as the *Living Compass* program.

