

# The Heart of Understanding 8 Day *LiberatingTouch* Online Class 2025



20 - 27 April 2025 (inclusive)

## [Dive Deep into Presence and Understanding](#)

This Dive Deep into Presence and Understanding ONLINE 8 Day Class will be held on Zoom and is presented by [Ranjana Appoo](#)

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 and 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 the completion of two LT detachment processes.

## The day-to-day plan is as follows:

10am - 12pm

Focus on philosophy, experiential wisdom and know-how

12pm - 2.00pm

Rest and Self-help

2.00pm - 4.00pm

Focus on practice, Q&A and fun

Kindly email Ranjana Appoo at [liberatingtouchcentre@gmail.com](mailto:liberatingtouchcentre@gmail.com) for further details.

Booking is essential as places are limited. There are only 6 spaces available for this class

As this is an ONLINE Class – the cost for the class is £660 for all students (new and review). Concessions (£440) and payment plans are available.

Ps. The class will be recorded only in an audio format so you can listen to the content following our time together. There will be no video recording.

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

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### [The Video Invite](https://youtu.be/NYWChOn5IKQ?si=DZpOpp7S14Shrzbc)

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



## 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®

*Real people are those, who are filled with love. Their hearts are springs of mercy. They are endowed with true speech and their minds are filled with peace. Just as gold and silver are hidden deep under the earth and pearl and coral deep under the sea, peace and joy also lie hidden in the mind. Desirous of acquiring these hidden treasures, if you dive inward and direct your mental activities towards acquiring these treasures, you become filled with love and peace. You must fill yourself with this love and live in the light of unsullied, unselfish and pure love. – Sathya Sai Baba*

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Blessings and Love, Ranjana