

Return to Joy with Appoo Ranjana

A 4 Month Online Spiritual Mentoring Program for 4 to 7 participants who are ready to answer the call to Love & know Truth (God)



Designed for individuals who want to learn about themselves, get to know what makes them behave in a certain way, what gives them joy, and who they really are. This is also good for those who are feeling lost or stuck due to a lack of enthusiasm, a joyless relationship or work situation, menopause-related irritability, creative stagnation, or a desire to reclaim power and find peace - this mentoring program is all about the transformative journey of meeting your Magnificent True Self.



Ranjana Appoo is devoted to living and sharing a life of joy, grounded in the understanding that every living being is an expression of Love seeking to live life aligned with Truth - Bliss. If you are yearning to reconnect with your innate joy, this program IS perfect for you.

Ranjana supports impact leaders, artists, writers, actors, CEOs, and creative individuals from all walks of life around the world to navigate life's challenges. Through this program, you'll learn to trust your inner compass and make empowered intuitive choices.

Know your power, trust yourself, embrace life, feel centred and aligned. **Together, we work out a plan to help you find your direction, unlock your ability to stay on track, draw goodness into your life, and return to Joy.**

This program includes:

- **Fortnightly 2 hour group video conference calls, starting Saturday 7th June 2025 ending 4th October 2025 (a total of 9 calls)**
- **Support via Signal messaging and emails**
- **Practical exercises, realistic encouragement, and tailored guidance**
- **A flexible practice designed with you and for you**

Through mentoring, support, and practical self-help techniques, Ranjana will guide you to create a life aligned with love and truth. For those who embark on this journey, life will never be the same again.

Prerequisites to joining this program

Have some previous experience of *LiberatingTouch*®(LT), preferably completed 3 LT Detachment Processes

Program Costs

£220 per month or £800 in advance for the 4 months

£110 per month for concessions

Does this mentoring provide a CPD (Continuous Professional Development) certificate?

Yes, it will also support those that are LT Facilitators and LT Facilitator students in enhancing their practice of *LiberatingTouch*®.

Contact

Email: liberatingtouchcentre@gmail.com Phone: +44 (0) 7484 676 957

An Overview of Your 4-Month Journey:

**Month 1: Video Conference Call via Zoom on Saturdays 7th June & 21st June
UK time 10am - 12pm**

Take Stock – Where Are You Stuck?

We begin by making an inventory of your life and identifying areas where you feel blocked.

The Power of Detachment

Explore the cause beneath your story (of suffering/struggle/fatigue) and the effect of holding on to it. Learn to detach and know clarity.

**Month 2: Video Conference Call via Zoom on Saturdays 5th July & 19th July UK
time 10am - 12pm**

Heal the Past & the 9 Step Process – Let Go

Move forward by releasing the weight of the past.

Step Into the Present & the Discovery Process – Be Present

Embrace the gift of presence and live fully in the now.

**Month 3: Video Conference Call via Zoom on Saturdays 2nd August & 16th
August UK time 10am - 12pm**

Liberate the Future – Open to Forgiveness & Flow

Connect with love and welcome the flow of joy into your life.

Perfection – Acceptance, Trust, Gratitude, Surrender

Experience the transformative power of understanding, acceptance, trust, and gratitude.

**Month 4: Video Conference Call via Zoom on Saturdays 6th September & 20th
September UK time 10am - 12pm**

Walk into your Power

Using specific LT Processes to step into your Power and experience that Power

The Return to Joy

Discover the wisdom of nature and open yourself to joy.

**Integration Video Conference Call via Zoom on Saturday 4th October UK time
10am - 12pm**