

The Path of Self-Realisation

A 9-month Bespoke program with Ranjana Appoo



Ranjana offers a deeply transformative 9-month custom-designed program for Truth Seekers and Spiritual Explorers. This exclusive one-to-one program provides personalised mentorship for those drawn to exploring and walking the path of Self-Realisation.

If you are ready to embark on this profound journey, please email **liberatingtouchcentre@gmail.com** to receive the intake form and schedule your free consultation. Spaces are limited ensuring undivided attention and support. You may be placed on a waitlist.

During this 9-month journey, you will be supported in connecting and reconnecting with the Intuitive Wisdom of the Illumined Self - the reflection of Infinite Truth within you. Through online and in-person sessions, Ranjana will mentor, support, and guide you, helping you experience clarity, peace, self-responsibility, forgiveness, love and profound shifts in awareness. Living your life by drawing on the wellspring of innate divine wisdom will empower you to embrace and navigate life's challenges such as:

- Stress and tension
- Success and failure
- Relationship challenges
- Family dramas
- Time constraints
- Health challenges
- Goals and expectations
- Conflict and Confusion
- Tests, unexpected events, and more

The program is designed to liberate you from anxiety, doubt, lack, and the illusion of separation. It invites you to transcend your current understanding, to shine and to transform not only your life but also the lives of those around you.

Who is this for?

Ranjana works with impact leaders, artists, writers, actors, CEOs, and creative geniuses from all walks of life. Participants span the globe and share a common desire: to make a meaningful impact and serve humanity while living a full life filled with purpose, power, prosperity, and Presence.

What can you expect?

Ranjana provides comprehensive support through:

- Fortnightly 90 minute video conference calls (timings are flexible)
- In-person intensive sessions as guided
- Signal or WhatsApp messaging and email support
- Laughter, practical exercises, realistic encouragement, and signposts
- A depth of inquiry and systematic peeling away of the layers with LiberatingTouch
- Guidance in creating a flexible, personalised daily practice aligned with Love and Truth
- Nurturing suggestions and supportive pointers

This program helps you engage with life, work, relationships, family, and friends with peaceful congruence and joyful integrity. Embarking on this journey, is to discover the magnificence of the Creator-Source within you and all around you.

Investment:

The total cost for this bespoke 9-month program is **£5850**. Monthly payment options are available at **£650 per month**, with concessions offered where needed.

To begin your journey, email **liberatingtouchcentre@gmail.com** or call Ranjana and Eddie at **+44 (0) 7484 676 957**.

An Overview of the 9-Month Journey

Month 1: Prioritise

Reflect on what truly matters to you, clarify your goals, and open yourself to new possibilities.

Month 2: The Power of Detachment

Begin practicing detachment and replacing disempowering habits with empowering ones.

Month 3: Heal the Past – Who Am I?

Explore the facets of your current self and understand how your journey has shaped you.

Month 4: Step into the Present – Am I Here, Now?

Cultivate present-moment awareness and align with your true desires.

Month 5: Liberate the Future – Where Am I Going?

Review your life's path and identify the changes you want to make moving forward.

Month 6: Heal the Past – The Power of Forgiveness

Create space for goodness by releasing the burdens of the past through forgiveness.

Month 7: Step into the Present – The Power of Patience

Recognize how impatience disrupts your connection to the present and cultivate patience.

Month 8: Liberate the Future – The Power of Trust

Embrace trust as the foundation of contentment and joy.

Month 9: The Adventure Continues – Liberating Know-How

Kiss the sweetness of the path... SO IT IS - IT IS SO. .

This journey is an invitation to embrace your destiny, shine your light, and know that you are Bliss.