



# REAL FREEDOM 2.0

## *The Power of Acceptance, Letting Go, Forgiveness & Trust*

### REAL FREEDOM - September 2025

A 5 Week in-depth Online Practical Exploration of Acceptance, Letting Go, Forgiveness, and Trust with LiberatingTouch

We meet every Monday in September 2025 on Zoom (Zoom Video Conference Calls) at UK time 5.00pm – 7.00pm, beginning on the 1st of September and ending on the 29th of September. Together we will explore and implement the power of Acceptance, Letting Go and Forgiveness.

The fastest way to break through the cycle of suffering is to let go, this can happen through inquiry, acceptance, forgiveness and trust.

Letting go is not to be confused with quitting, it is the art of surrender, the art of courage and freedom. The knowing that by emptying ourselves we can welcome wealth and wisdom. The inhale follows the exhale and life flows by giving and receiving.

*Acceptance opens doorways and illumines pathways*

*Letting go gives us the freedom to choose*

*Forgiveness unburdens us of the past and liberates our future*

*Trust IS resting assured knowing ... we can surrender*



During these 5 Weeks we will study, apply and experience the benefits of letting go, acceptance, & forgiveness. It will not be easy at first, but it will reveal the infinite possibilities born of trust, and signpost the way to creating a liberating reality.

**FREEDOM is in your hands - NOW.**

Every week we will cover a different aspect of trust, letting go, acceptance & forgiveness

### Week 1: September 1st 2025, The Dynamics of Lasting Change

Without letting go, trust, acceptance or forgiveness there is no lasting change

### Week 2: September 8th 2025, Permission (the secret to safety)

Most people don't have permission to be free, trust, know how to let go of doubt, embrace adversity and forgive lack.

### Week 3: September 15th 2025, Sabotage

All the things that stop us from knowing Truth and taking positive action

### Week 4: September 22nd 2025, The Paradox

It's like a dance, you move forward, you move backwards, you twirl and let the music flow through you

### Week 5: September 29th 2025, REAL FREEDOM

Trust you CAN - Accept, Let Go, Forgive, Liberate (Surrender)

There will be a dedicated Signal group for Q&A and support set-up for the 5 weeks. It will be disbanded soon after. You will have opportunities to practice everything you learn and have time in-between calls to absorb and integrate your understanding.

**Pre-requisites:** Although there are no pre-requisites, a rudimentary understanding of LiberatingTouch is recommended. You can register via signal or email. Thank you.



### **Cost for Participants:**

£340 (Bank Transfer) £350 (PayPal) – Everything listed below plus a 75-minute session with ranjana

£220 (Bank Transfer) £230 (PayPal) – Everything listed below

### **The cost includes:**

- Weekly group 120-minute (2 hour) video-conference call (real time attendance of all 5 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, and follow-up exploration exercises
- A dedicated Signal group for posting and keeping in touch beginning one week prior to the program.

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

### **Some 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 and both parties are amenable to this.

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 the 5 weeks. 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 12 hours of CPD

5. What if i have a question, or i feel stuck?

There will be a dedicated private Signal group, where you can post what is happening with you and we will respond within 24 hours. Alternatively, you can message us privately on Signal.

6. Will i have any private time with Ranjana on this course?

Participants can choose their payment tier to receive one 75-minute session with Ranjana.

7. Do i need to pay in advance?

Yes please, preferably by the 15th of August 2025. Thank you

8. I already do other forgiveness practices including Ho'oponopono, will this help me?

YES, yes, yes, i will mention Ho'oponopono as well as radical forgiveness, but we won't be focusing on them. Our focus is freedom through understanding and harnessing the power of trust, letting go, acceptance and forgiveness.

