

The LiberatingTouch® Sunday Class

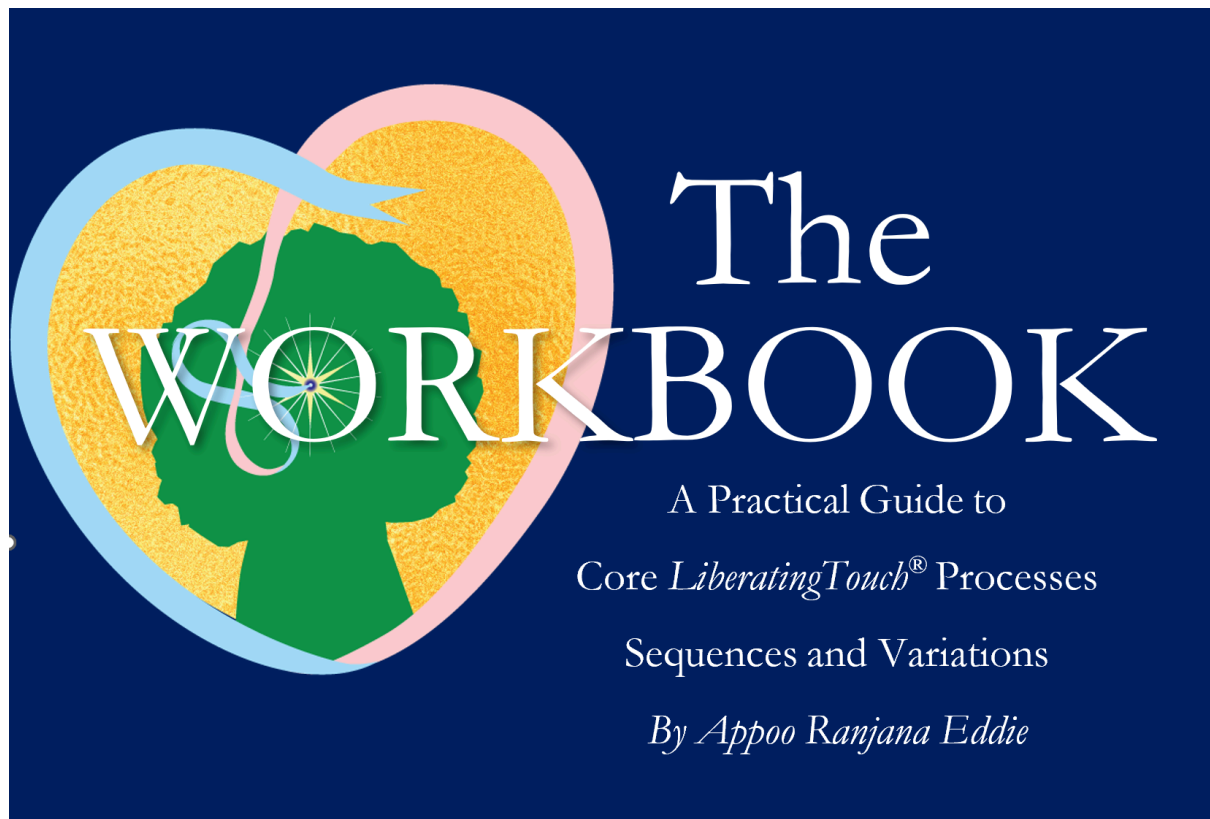
An In-Depth Review of the Workbook

Once a month Online for 11 months

Beginning 8th February 2026, UK time 10am - 12.30pm

Every second Sunday till the 13th of December 2026

Exploring, Decoding, Practising and Understanding the 11 Core Processes, 36 Sequences and 108 Variations in the LT Workbook with Ranjana



Commitment -

To participate in the course, you're invited to commit to contributing for all 11 classes. **While attending live is encouraged, it's not essential.** Recordings of the teaching segments will be provided. To honour the privacy and confidential nature of the breakout room practice sessions, these interactions will not be recorded. We'll also have a dedicated Signal group where you're welcome to share reflections, insights, and connect with others engaging in these transformative practices.

Cost:

£65 per month (can be paid via bank transfer, direct debit or PayPal)

Concessions £55 per month

Those who want to pay in advance for the 11 months - it is £605

If you are unable to pay, then kindly message Ranjana and share your circumstances with her. She will adjust to meet you exactly where you are at.

Pre-requisite for joining - Attendance of One 8-Day Class

***LiberatingTouch*® is a combination of practical processes based on** the 4 eternal tenets of **Truth, Self-Responsibility, Peace and Love**. It can be used by anyone on the journey of Self-Realisation.

Here are 9 (easy, effective and enlightening) Steps for *LiberatingTouch*® Students:

1. **Connect** yourself and your client **to the Illumined (Infinite) Self** (Creator Source, God, Universal Intelligence, Presence, Love and Truth) using **the Tree Connection Sequence**. Inhale the Tenets and exhale resistance/attitudes. Come into alignment with the Tree.
2. **Invite** your issues, challenges or projects. Give them space and connect them to 'Love and Truth' – the Tree, the Self. Use the ribbons and the **Finger Holds Sequence**.
3. **Ask** for **one area** (priority) that you need to work with **to be illuminated**.
4. **Set the Intention** that everything that has shown up and all related aspects are also receiving healing and understanding through all time and space. Use the R&R Hold.
5. **Allow the issue to unfold** and create space around it for in-depth inquiry.
6. **Notice** how this issue impacts the body, mind and life (relationship). Pay attention to any memories, origins and interwoven connections that show up.
7. **Explore, untangle and heal** the issue in any way that feels appropriate, and follow any pathway your intuition illuminates. Choose from the many sequences and processes that are detailed in the Foundations of *LiberatingTouch*®, The Heart of Understanding Manual or the Workbook and unravel the issue. Constantly connect to the Tree – The Illumined Self.
8. **Resolve**. You can ask **what needs to happen** for the issue to **resolve** (complete), for the issue to heal and/or come into balance/harmony (be understood or uncreated). Give self-help suggestions.
9. **Integrate** (let go, surrender, resolve or embrace) with gratitude.