

REAL FREEDOM: The Power of Acceptance, Forgiveness, & Letting Go



*Acceptance opens doorways and illumines pathways
Letting go gives us the freedom to choose
Forgiveness unburdens us of the past and liberates our future*

[REAL FREEDOM is a 5 Week in-depth Online Practical Exploration of Acceptance, Letting Go and Forgiveness with LiberatingTouch® - May 2022](#)

We meet every Sunday in May 2022 on Zoom (Zoom Video Conference Calls) at UK time 10am - 12pm, beginning on the 1st of May and ending on the 29th of May to understand 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 and forgiveness. Letting go is not to be confused with quitting, it is the art of surrender, the art of courage and freedom. The knowing that in emptying ourselves we can welcome wealth and wisdom. The inhale follows the exhale and life flows by giving and receiving.



During these 5 Weeks we will study, implement and experience the benefits of letting go, acceptance and forgiveness. It will not be easy at first, but it will reveal many possibilities, and point the way to creating an effortless liberating reality. FREEDOM is in your hands - NOW.

Every week we will cover a different aspect of letting go, acceptance and forgiveness:

Week 1: May 1st 2022, The Dynamics of Lasting Change

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

Week 2: May 8th 2022, Permission

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

Week 3: May 15th 2022, Sabotage

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

Week 4: May 22nd 2022, The Paradox

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

Week 5: May 29th 2022, REAL FREEDOM

Create the Reality you want

Accept, Let Go, Forgive, Liberate

There will be a dedicated Facebook 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, attendance of a LiberatingTouch Foundations Day and/or EFT Practitioner Training is recommended. You will be given short videos to watch before we begin in May as preparation.

Cost for New Students: £330 (Bank Transfer) £340 (PayPal)

New Students receive a 90 minute mentoring session with Eddie and Ranjana when they book.

For Review Students and Concessions: £220 (Bank Transfer only)

This will include:

- Weekly group 120-minute 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 for each week, and follow-up exploration exercises
- A dedicated FB group for posting and keeping in touch beginning one week prior to the



program for 5 weeks.

To register kindly email Ranjana at liberatingtouchcentre@gmail.com or message her on Facebook. 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, there are no swaps or discussions with others scheduled in the May class.

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 and there is no pressure on you to complete the self-help. It will be entirely in your hands.

4. Can i get a concession?

Yes, if you are an OAP, are on low income, or in debt. Please message us with your request.

5. 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

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

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

7. Will i have any private time with Ranjana or Eddie on this course?

New students will receive one 90-minute session with Ranjana and Eddie. Most of the interaction will occur via the group conference calls or in the Facebook group.

8. Do i need to pay in advance?

Yes please, preferably by the 20th of April 2022. Thank you

9. 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 implementing letting go, acceptance and forgiveness.

