

# The Path of Self-Realisation

## A 9-Month Custom Designed Program with Ranjana and Eddie Appoo



Ranjana and Eddie facilitate a 9-month bespoke program for Truth Seekers and Spiritual Explorers. This is a one-to-one program. If you would like to embark on a journey dedicated to Self-Realisation then do email them at [liberatingtouchcentre@gmail.com](mailto:liberatingtouchcentre@gmail.com) to receive the intake form and book in your free consultation. The next available spaces will open up in November 2022, please contact them asap if you are interested. They only provide this service for 2 students at any given time.

During the 9 months you will know (re-connect to) Truth and experience the love this Knowing brings. Ranjana and Eddie will mentor, support and guide you via online and in-person sessions. You will discover within you a well of intuitive wisdom revealing how to embrace and navigate: stress, success, failure, relationships, time constraints, health challenges, family pressures, goals, expectations, conflict, confusion, tests, unexpected events and more.

This way of working aims to liberate you from fear, doubt, lack and separation. It is an invitation to go beyond what you know and understand, to shine and transform not just your life but all life.

Ranjana and Eddie assist impact leaders, artists, writers, actors, CEOs and creative geniuses to traverse life, to discover and trust their inner compass and know how to flow with purpose, power, prosperity and Presence. They work with men and women from all



walks of life, from different parts of the world, to help them make an impact and serve humanity.

*"We help you find direction. Help you unlock your ability to stay on track, draw Goodness into your life and know yourSELF."* Ranjana and Eddie

Ranjana and Eddie will schedule weekly video conference calls, face to face intensives, respond to queries with WhatsApp messaging, provide you with email support, laughter, realistic encouragement, practical exercises, signposts, and help you create a flexible practice that aligns you with Love and Truth. The support, mentoring, sessions, and practical self-help you receive is custom designed with you, and for you. It is an opportunity for you to engage with life, work, play, relationships, family and friends, free from fear and reactivity. For those who embark on this journey, life takes on new meaning.

The cost of this program is £9000 which can be paid in instalments or at the beginning of the journey. Concessions are available.

Please email [liberatingtouchcentre@gmail.com](mailto:liberatingtouchcentre@gmail.com) or call Ranjana and Eddie on +44 (0) 7484 676 957 if you would like to liberate your life and KNOW HOW.

*Here is a glimpse into the 9-Month Path of Self-Realisation:*

### **Month 1: Prioritise**

Check in with what really matters to you now, break it down, get clear and then open to possibility.

### **Month 2: The Power of Detachment**

Start practicing detachment and changing entrenched disempowering habits.

### **Month 3: Heal the Past – Who Am I?**

Explore all facets of who you are now and how you got here.

### **Month 4: Step into the Present – Am I here, now?**

Know what you want. Step into present moment awareness.



**Month 5: Liberate the Future – Where am I going?**

Witness how your life has unfolded so far, and note the changes you would like to make.

**Month 6: Heal the Past – The power of forgiveness**

Make space in your life for all the good you are by letting go.

**Month 7: Step into the Present – The power of patience**

Recognise how impatience throws you out of the present and Presence.

**Month 8: Liberate the Future – The power of trust**

Trust is key to contentment and joy

**Month 9: The Adventure Continues – Liberating Know – How**

The journey begins with Self-confidence (Love), this blossoms into Self-Awareness and Self-fulfilment (Self-Responsibility and Peace), and then Self-Realisation (Truth) dawns and you experience the Bliss of the Self. Embrace your destiny, know you are Bliss.

