



The LiberatingTouch® Intro Guide



Appoo Ranjana Eddie

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The LiberatingTouch® Intro Guide

The LiberatingTouch® Intro Guide

A Hands-on Approach to Health, Happiness and Self-Realisation

Appoo Ranjana Eddie

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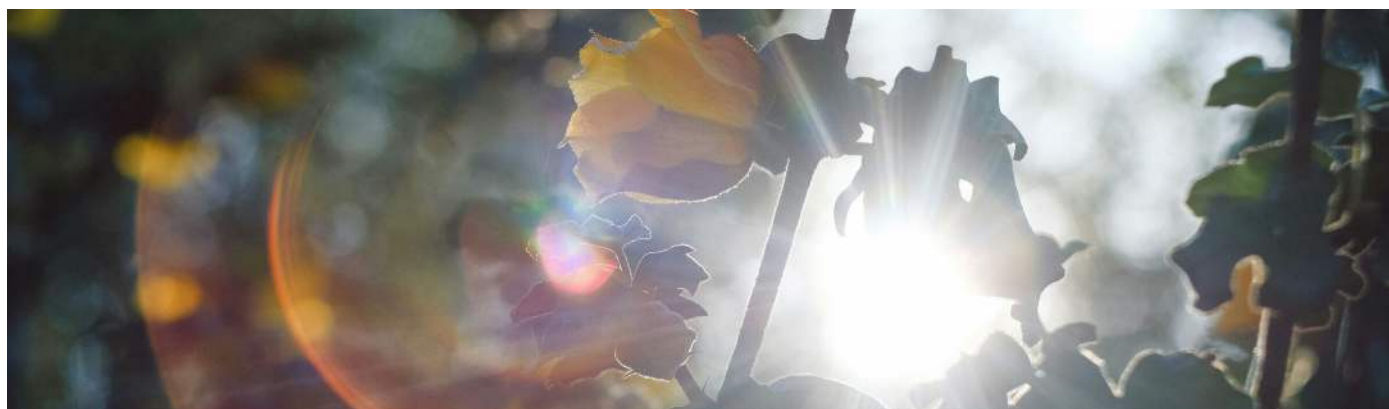


LiberatingTouch® (LT) is the practice of Love and Truth

It is a restorative union of ancient wisdom and modern healing practices, a transformative spiritual art that weaves Vedanta philosophy with contemporary energy therapies. It meets you exactly where you are and supports you in navigating life with presence and power.

The Origins of LiberatingTouch® and its ongoing development

LiberatingTouch® has its roots in the Cosmic play of Love and Truth as experienced by Ranjana and Eddie. Love arises from Truth, and merges back into Truth. Along the way there is drama, stillness, pain, pleasure, traps, and transcendence. Many of the foundational concepts of LT can be found in the Vedas, Upanishads (ancient empirical wisdom that has withstood the test of time), and in the teachings of Sri Sathya Sai Baba (you can access these at <https://saispeaks.sathyasai.org/discourses/>).



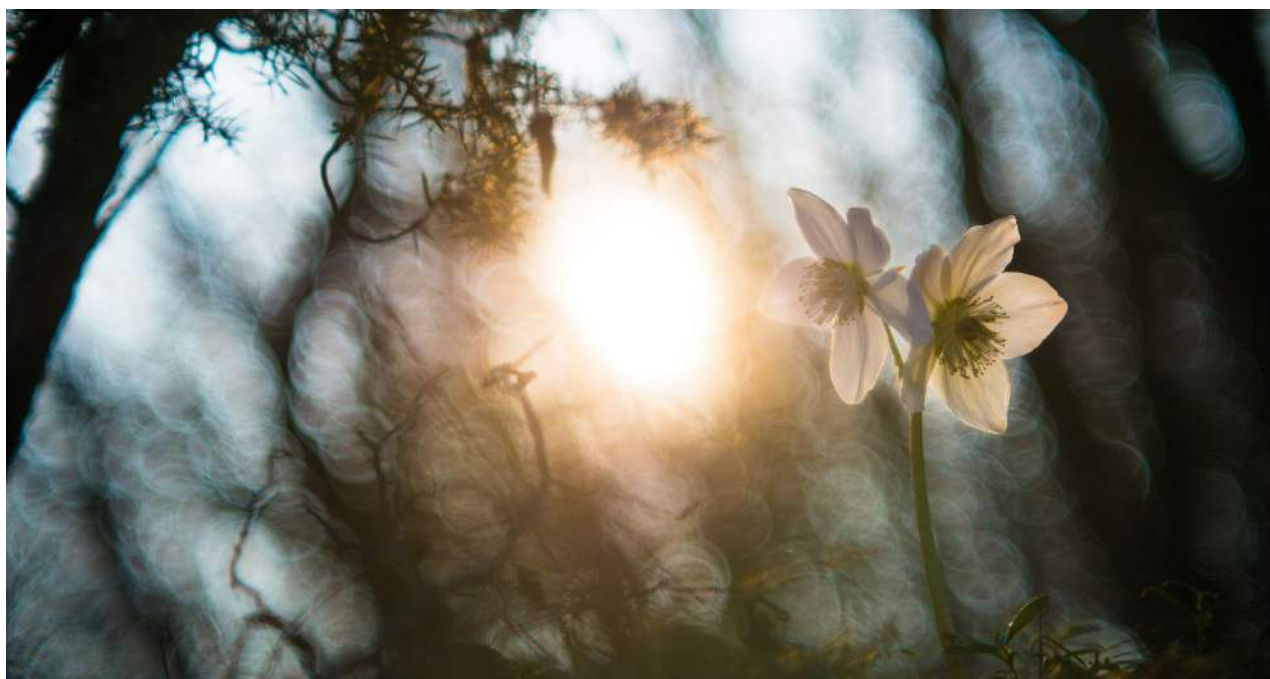
Ranjana and Eddie developed LiberatingTouch® for Self-Realisation through their lived experiences, inspired and guided by their spiritual master, Sri Sathya Sai Baba. At the heart of LiberatingTouch® is a profound truth: the Real or True Self is Perfect, Goodness, Beauty. It is unaffected by the pain and pleasure the body experiences.

To experience the Self as your true reality, certain qualities are required: detachment, sense-control, a love of Truth, compassion for all. The Self IS embodied Bliss. It can only be experienced, not exhibited.

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You are the image of the Supreme Self, reflected through the body, which is part of nature. Through LiberatingTouch® (LT), you discover that peace is your birthright, the peace of an illumined heart that reveals the splendour of the Self you truly are. There is no need to retreat to a forest or a cave to find your Reality.

This transformative art is a combination of ancient wisdom and energy medicine. For example, the methods of meditative inquiry, listening, healing narrative, and devotional practices developed by the ancient mystics, sages and philosophers are woven in with the energy healing methods like Traditional Chinese Medicine, Jin Shin Jyutsu and Ayurveda. Many ancient cultures and shamanic traditions believe that we all have an 'energy body', that energy flows through the body as rivers of vital life force. They believed that when this energy flow is out of balance, we experience illness, suffering and pain. By combining an understanding of energy with self-inquiry, self-investigation and self-knowledge, we heal the mind and illuminate the Heart-Presence.



This is important...

Before you dive in, kindly read this...

LiberatingTouch® is not a substitute for medical or mental health care. You are responsible for your well-being when using its processes, sequences, or audio downloads for yourself or with others. Please make sure your friends, students, clients, or recipients also agree to this. It is advisable to check with a doctor or your primary care physician before embarking on any new regimen e.g., LiberatingTouch®, exercise, or meditation.

While we haven't personally experienced any adverse effects from following the LiberatingTouch® protocols, this doesn't guarantee you or your friends, students, clients won't have unforeseen effects. **We aren't responsible or liable for how you use the information and audio downloads provided here.**

By using this information, you agree to a release of liability and assume all risk to the fullest extent allowed by law. **Thank you for taking responsibility.** Thank you for your agreement.



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About Appoo Ranjana Eddie – The Creators of LiberatingTouch®

Eddie Ranjana Appoo, the Founders of the LiberatingTouch® Centre, are the authors of 'Detachment-The Secret to Infinite Peace', and Spiritual Wellness Educators.

Since 1995, together, and as One, Appoo Ranjana Eddie explored and developed processes for health and spiritual regeneration, so that their clients and students can create and embrace the life that would reflect the fullness and potential of who they are.



Appoo Ranjana Eddie attribute all their insights, experiences, inspiration and gifts with deep gratitude to their Spiritual Master, Sri Sathya Sai Baba.

‘Our purpose with LiberatingTouch® is to help you Realise the SELF and let THAT guide you.’ – Appoo Ranjana Eddie

What IS LiberatingTouch®?

LiberatingTouch® (LT) signposts pathways to nurture the experience of Truth, Love, Joy, Beauty, Enthusiasm, Compassion, and Peace, by uncreating suffering, confusion, judgement, pain, fear, lack of confidence, trauma, and healing the many scars of the mind.



It offers practical ways to connect with the innate intuitive wisdom that exists with you as the Illumined Self^[1] (also referred to as the IS), to live a contented, satisfied, and confident life, free from fear, especially in a world that can feel anxious, chaotic, and

unsettled. When you develop Self-confidence and Self-satisfaction, Self-Realisation naturally follows.

This healing art is a dynamic system of processes that incorporates Vedanta philosophy, Self-Responsible activity, the practice of Peace using the breath and hands, and compassionate understanding that is the hallmark of infinite Love. It also incorporates elements of Emotional Freedom Techniques, Jin Shin Jyutsu, common sense, explorations in subtle energy, investigations into the way the mind stores suffering, and the transformative power of art and music.

LiberatingTouch® consists of 11 CORE PROCESSES, 36 MEDIATING (HARMONISING) SEQUENCES & 108 VARIATIONS.

LiberatingTouch® IS...

LiberatingTouch® involves connecting to the infinite intelligence (Truth) while accessing the healing power (Love) within you. This process allows you to make positive shifts. By understanding the cause of your issues and engaging various locations on the face, chest and fingers, you balance the body's energetic field and heal mental and emotional suffering.

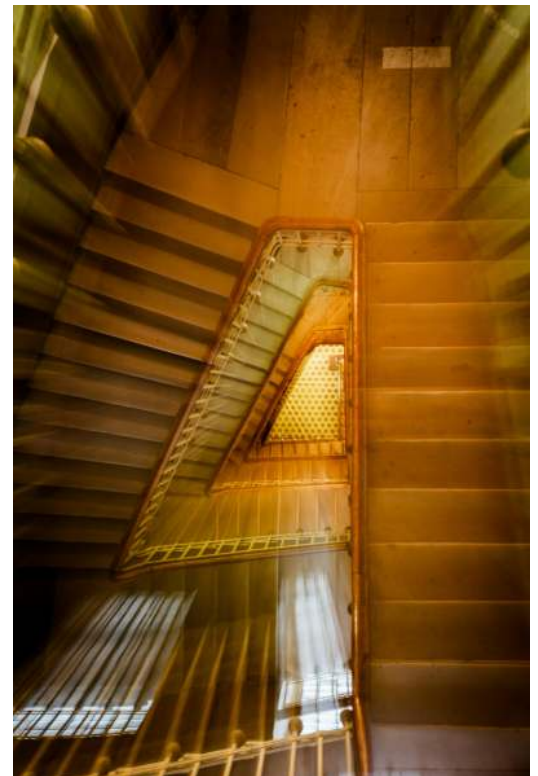
Other components of *LiberatingTouch*® include Touch with Awareness, Breath Awareness, Meditative Inquiry, Intuitive Listening, Story Telling, Understanding Dreams and Metaphors, Sketching, Music, Movement, Creative Visualisation, Eastern Philosophy, and experiential knowledge of the forces that shape us.

The 4 Main Tenets at the Core of LiberatingTouch®

LiberatingTouch® combines the wisdom of the 4 eternal tenets – Truth, Self-Responsibility, Peace and Love with practical hands-on applications that allow you to heal, balance, and experience harmony in your life.

This guide outlines a few practical applications, insights, and glimpses into the alchemy of Love and Truth (the heart of *LiberatingTouch*®) to help you experience the power of the 4 tenets and integrate them into your life.

Further practical applications of the 4 Tenets are discussed in detail during the Heart of Understanding 8 Day *LiberatingTouch*® Class.



The How to of LiberatingTouch®

LiberatingTouch® doesn't follow a basic recipe. There is no one-size-fits-all protocol. Instead, it offers multiple pathways, which can be used individually or combined based on your needs.

LiberatingTouch® isn't mechanical. It's dynamic, fluid, and intuitive. There are no fixed outcomes, and no set rules, only your willingness to explore and persevere.



The 4 tenets and their practical applications are key to understanding this art.

In its simplest form, LiberatingTouch® is about connecting to the Illumined Self for clarity and healing. By connecting to the

wisdom of the Self, holding the Energy Balancing Locations with breath awareness, and communing with the part of us that is experiencing pain or disharmony, we can reclaim our power and align ourselves with GOD (Source, Universal Consciousness, Illumined Self, Creator).

LiberatingTouch® incorporates elements of Jin Shin Jyutsu

A powerful feature of *LiberatingTouch®* is holding the fingers with awareness while consciously diving into the heart of what ails us. By holding the fingers, we can harmonise all our energy flows. The finger-holds used in LT are adapted from the wisdom of Jin Shin Jyutsu.

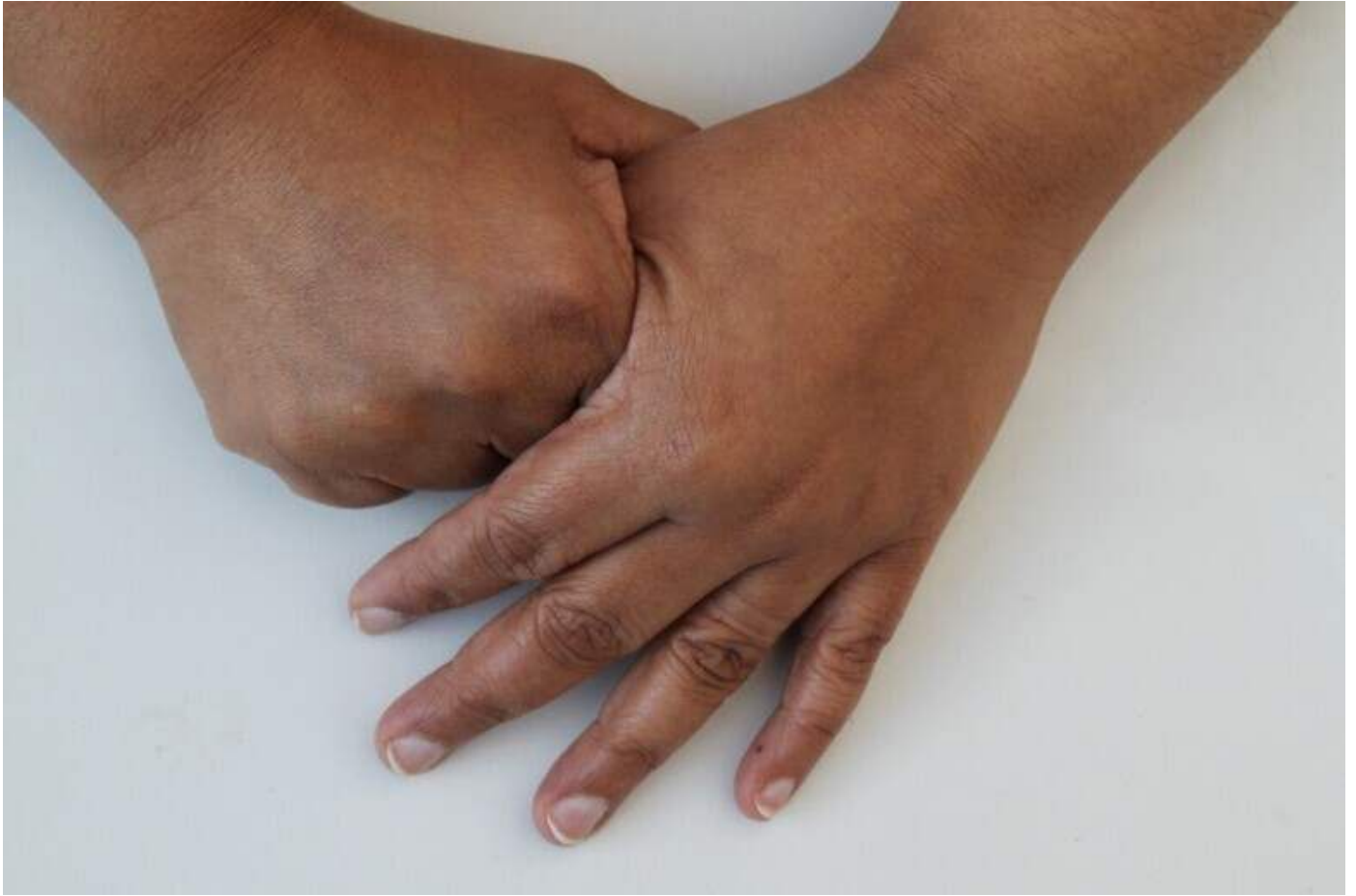
Jin Shin Jyutsu is a gentle art that promotes optimal health and well-being. It facilitates our own profound healing capacity, induces relaxation, and greatly reduces the effects of stress. It is based upon an all-inclusive, ever moving (changing) energy that circulates throughout the universe, within and without every organism.

This ancient physio-philosophy is designed to harmonise your physical, mental, and emotional energies. Jin Shin Jyutsu does not involve massage, manipulation of the bones or muscles, or use of substances. It is practiced by placing the fingertips over clothing on designated areas, to harmonise and restore the energy flow. This facilitates the reduction of tension which accumulate in the body through normal daily living. Jin Shin Jyutsu self-help sequences can be self-administered with ease.

For the sequences outlined in this guide, it is worth getting to know the finger holds and the illustrated *LiberatingTouch®* Energy Balancing Locations. Some of the locations are similar to the EFT (Emotional Freedom Techniques) points and the Jin Shin Jyutsu Safety Energy Locks. Hold them with a gentle and firm touch.

Below is a list of benefits you can experience simply by holding your fingers.

A gentle note: The practices shared in this guide arise from ancient healing traditions, lived experience, and spiritual inquiry. They are offered as supportive self-help practices and not as medical advice or a replacement for professional care. Please listen to your body, use discernment, and seek medical guidance when appropriate.



Hold your THUMB (either side) to harmonise the attitude of WORRY, and to support:

- Digestion
- Relieve headaches
- Stress and nerves
- Ground and calm
- Nurture
- Sleep
- Skin surface
- Stomach and spleen energy
- When you have to SIT a lot

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Hold your INDEX finger (either side) to harmonise FEAR and ANXIETY, and to support:

- Teeth and gums
- Backaches
- Digestion, constipation
- Shyness
- Muscle tension
- Kidney and bladder energy
- When you have to STAND a lot (be on your feet)

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Hold your MIDDLE finger (either side) to harmonise the attitude of ANGER, and to support:

- Balancing blood pressure (high or low)
- General fatigue
- Eyes, vision
- Irritability
- Harmonise emotions
- Liver and gallbladder energy
- When you have to READ a lot



Hold your RING finger (either side) to harmonise the attitude of GRIEF and sorrow, and to support:

- Respiratory functions
- Ringing in the ear (tinnitus)
- Skin conditions
- Excessive mucus
- Lung and large intestine energy
- When you have to RECLINE a lot

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Hold your LITTLE finger (either side) to harmonise the attitude of PRETENSE (trying to), and to support:

- Heart conditions
- Bloating
- Letting go of trying too hard (at anything)
- Insecurity, nervousness
- Heart and small intestine energy
- When you need to WALK a lot

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Place your fingers on the centre of the palm (either side)

- To connect to the Universal Self
- Ease fatigue
- Quick Recharge
- When you feel like sleeping a lot

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Here are some of the *LiberatingTouch*® Energy Balancing Locations



Practical Applications of the 4 Tenets of LiberatingTouch®

With *LiberatingTouch®* you shine the light of compassionate awareness on fears, attachments and resistance stored in the mind. By releasing the identification to these you recognise the infinite power of Love and Truth residing within. This power is the source of all healing and is the first step towards Self-Realisation.

Important Note: The 4 Tenets work synergistically. They work together as a whole. You can compare them to the 4 limbs of the body or 4 walls of a house, each one vital for the whole. In this guide, we will be exploring these 4 tenets briefly.

Truth

Connect to the SELF (The Absolute Truth, Love, Cosmic Consciousness, Universal Self, Presence) and acknowledge your innate Divinity and Wisdom.

The metaphor of the Tree is used in *LiberatingTouch®* to connect to the Illumined Self (IS) and access Intuitive Wisdom or Truth. The guided LT Tree meditations help you step into a space of safety, activate healing, purify the senses, cleanse the mind, energise the breath, and relax the body. Connecting to the Illumined Self (Truth) is the first step towards health and spiritual regeneration.

'First, you start with the idea, 'I am in the Light', and then the feeling becomes established, 'The Light is in me', this leads to the conviction, 'I am the Light'. This is Supreme Wisdom.' - Sri Sathya Sai Baba

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Detailed in this manual are 4 core LT scripts for relaxation, IS connection, harmony, and integration. These can be recorded individually, but we suggest recording them sequentially in order of either – 1,2 and 3 or 1, 2 and 4 for maximum benefit. Recordings of these can be found at: <https://liberatingtouch.com/liberating-resources/>

The 4 core LT scripts are:

1. The LT Liquid Light Relaxation
2. The LT Tree Connection
3. The Finger holds for Balance and Harmony
4. The LT Tree Integration

We have purposely not summarised these scripts. We recommend you record them in your own voice. These scripts are designed to be heard rather than read. You can access audio recordings of these scripts in the resource section on the LiberatingTouch.com website.

The Liquid Light Relaxation calms the body-mind. The Tree Connection re-unites you with the 4 tenets, it can also be used to communicate with parts of yourself, family members or anything that requires some TLC. The finger holds balance and harmonise. The Tree Integration is for grounding, integrating, and aligning with the universal cosmic energies. Relaxation, Connection, Harmony, and Integration are the central mechanisms of *LiberatingTouch®*.



1. The LT Liquid Light Relaxation Sequence (Script)

First, sit down on the ground or in a chair, or in any position that feels comfortable. Place your right hand above the left hand in a cupped position, palms facing upwards, with your hands resting on your lap. Alternatively, you can place your fingers in the centre of your palm, or you can choose any hand posture or mudra of your choice.

Now, close your eyes and focus on your breath. Breathe in and breathe out. Visualise[2] (imagine, feel, perceive, sense, experience) your body as hollow. Imagine that liquid white light is entering the soles of your feet. As the level of the liquid light rises from the soles of your feet to your ankles, both your feet are now filled with light, and all the muscles in your feet are completely relaxed.

Visualise the liquid white light rising up from your ankles into your legs and calves, so that both your legs and calves are now filled with light, and all the muscles in your calves are completely relaxed. Visualise the light now entering your knees and thighs, so that both your knees and thighs are now filled with light and all the muscles in your knees and thighs are completely relaxed.

Visualise the light now entering your bottom, groin and waist; so that your bottom, groin and waist are now filled with light, and all the muscles in your bottom, groin and waist are completely relaxed.

Visualise the light now entering your belly, so that your belly is now filled with light, and all the muscles in your belly are completely relaxed.

Visualise the light now entering the whole of your back, so that the whole of your back is now filled with light, and all the muscles in your back are completely relaxed.

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Visualise the light now entering your chest, so that your chest is now filled with light, and all the muscles in your chest are completely relaxed.

Visualise the light now entering both your shoulders, so that both your shoulders are now filled with light and all the muscles in your shoulders are completely relaxed.

Visualise the light now entering your arms, so that both your arms are now filled with light and all the muscles in your arms are completely relaxed.

Visualise the light now entering both your hands, so that both your hands are now filled with light and all the muscles in your hands are completely relaxed.

Visualise the light now entering your neck and throat, so that your neck and throat are now filled with light and all the muscles in your neck and throat are completely relaxed.

Visualise the light now entering your jaws, cheeks and mouth; so that your jaws, cheeks and mouth are now filled with light, and all the muscles in your jaws, cheeks and mouth are completely relaxed. Visualise the light now entering your eyes, forehead, and scalp, so that your eyes, forehead, and scalp are now filled with light.

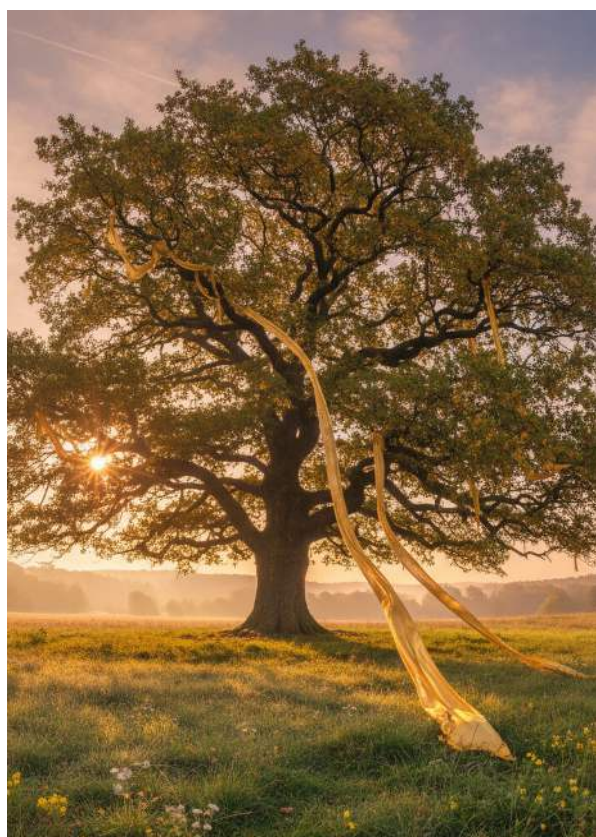
Your whole body is filled with light. Your body is completely relaxed. (x3)

You can stop here or continue for the Tree Connection

2. The LT Tree Connection Sequence (Script)

This is the guided Tree meditation script for connecting to the Illumined Self best practiced after the Liquid Light Relaxation Sequence.

As you become more and more relaxed, find yourself going deeper and deeper within yourself. Floating very gently, just like a feather, to the very centre or core of your being. When you reach the very centre of your being, imagine a vast space around you, and in this vast space, you will find the Tree, which is the symbol of the Illumined Self.



The Tree has many ribbons flowing down from the branches to the ground. Pick any one of the ribbons that catches your eye, reach out, take it in your hands and give it a gentle tug. When you tug on the ribbon, feel the resistance coming from the branch of the Tree where it is attached. When you feel this resistance, know that you are connected to the Illumined Self.

Now that you are connected to the Tree, which represents the Illumined Self and is the Source of Wisdom and Love, you can ask the Illumined Self to send via your ribbon the light of TRUTH. Visualise this quality of Truth filling your whole being as you breathe it in and as you breathe out,

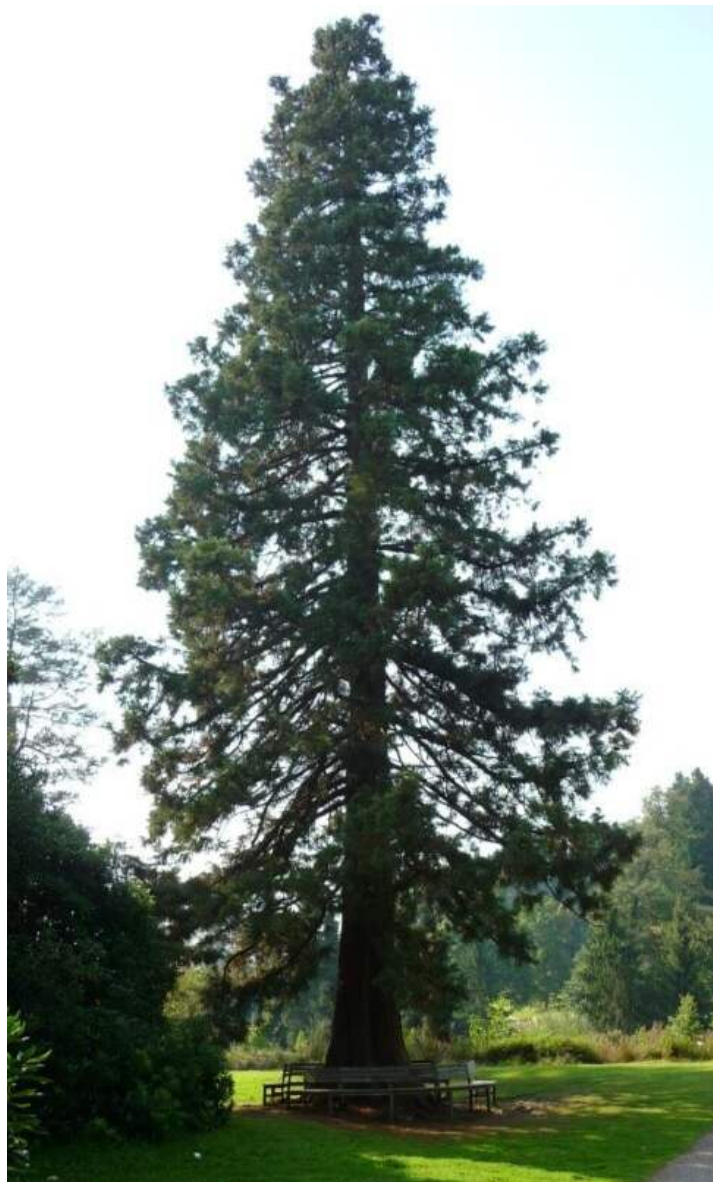
visualise any untruth or false beliefs, leaving you with your breath and going up the ribbon to the Tree to be transformed.

Keep inhaling the light of Truth and exhaling untruth or false beliefs. Continue breathing in the light of Truth and breathing out untruth or false beliefs.

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Now ask the Illumined Self to send the energy of SELF-RESPONSIBILITY, and visualise it coming from the Tree via your ribbon, strengthening you as you inhale. Visualise the energy of Self-Responsibility filling your whole being with mental and physical strength. As you breathe out, visualise any weakness or ignorance leaving you with your exhalation and going via the ribbon to the Tree to be transformed. Keep inhaling the energy of Self-Responsibility and exhaling weakness and ignorance. Continue breathing in the energy of Self-Responsibility and breathing out weakness and ignorance.

Now ask the Illumined Self to send you the light of PEACE, and visualise this energy coming from the Tree via the ribbon and filling up your whole being with Peace as you breathe it in and as you breathe out, visualise any disharmony, conflict, or negativity that you are ready to release, leaving you with your exhalation and going up the ribbon to the Tree to be transformed.



Keep inhaling the light of Peace and exhaling disharmony, conflict or negativity. Continue breathing in the light of Peace and breathing out disharmony, conflict or negativity.

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Now, ask the Illumined Self to send you the energy of LOVE, and visualise it coming from the Tree via your ribbon, filling your whole being with Love as you breathe it in. Exhale any fears, darkness, or resistance within you that you are ready to release, and visualise them moving up the ribbon to the Tree to be transformed.

Continue inhaling the energy of Love and exhaling any fears, darkness, or resistance. Continue breathing in the energy of Love and breathing out fears, darkness, or resistance.

Now focus on your breath, breathing in all the energies of Truth, Self-Responsibility, Peace and Love, from the Illumined Self, and exhale anything that you are ready to release. Keep breathing out whatever you are ready to release and see it going back up the Tree, back to the Illumined Self to be transformed. Keep focusing on your breath.

After completing the Liquid Light Relaxation and Tree Connection Sequence for Connecting to the Illumined Self, you can invite your challenges to the Tree for understanding. Imagine taking the ribbon, wrapping it around each finger and inviting your challenges one at a time.



3. The LT Finger Holds Sequence for Harmony in Daily Living (Script)



Hold your THUMB (left or right hand) and gently repeat within yourself:

'I now invite all my anxieties and give them ribbons, whether they are anxieties about my family, bills, work, or home, so that they can be connected to the Tree and receive the healing, nourishing

and nurturing energies from the Illumined Self.'

Hold your INDEX finger (left or right hand) and gently repeat within yourself:

'I now invite all my fears, fear of failure, success, safety, loss, unworthiness, uncertainty, or lack, and offer each one a ribbon. I consciously invite them to be connected to the Tree, so they can receive the healing, nourishing and nurturing energies from the Illumined Self.'



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Hold your MIDDLE finger (left or right hand) and gently repeat within yourself:

'I now invite all the people and events in my life that frustrate (annoy/anger) me and give them a ribbon each. I consciously invite them to be connected to the Tree, so they can receive the healing, nourishing and nurturing energies from the Illumined Self.'



Hold your RING finger (left or right hand) and gently repeat within yourself:

'I now invite my sadness and grief, my many losses, whether it is the loss of innocence, loss of youth, loss of mobility, or loss of love. I give them ribbons and consciously invite them to be connected to the Tree, so they can receive the healing, nourishing and nurturing energies from the Illumined Self.'



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Hold your LITTLE finger (left or right hand) and gently repeat within yourself:



'I now invite my struggles, my trials, my judgements and criticisms and offer each one of them a ribbon. I invite all my struggles to be connected to the Tree, so they too can receive the healing, nourishing and nurturing energies from the Illumined Self.'

You can now close this sequence by thanking the Illumined Self.

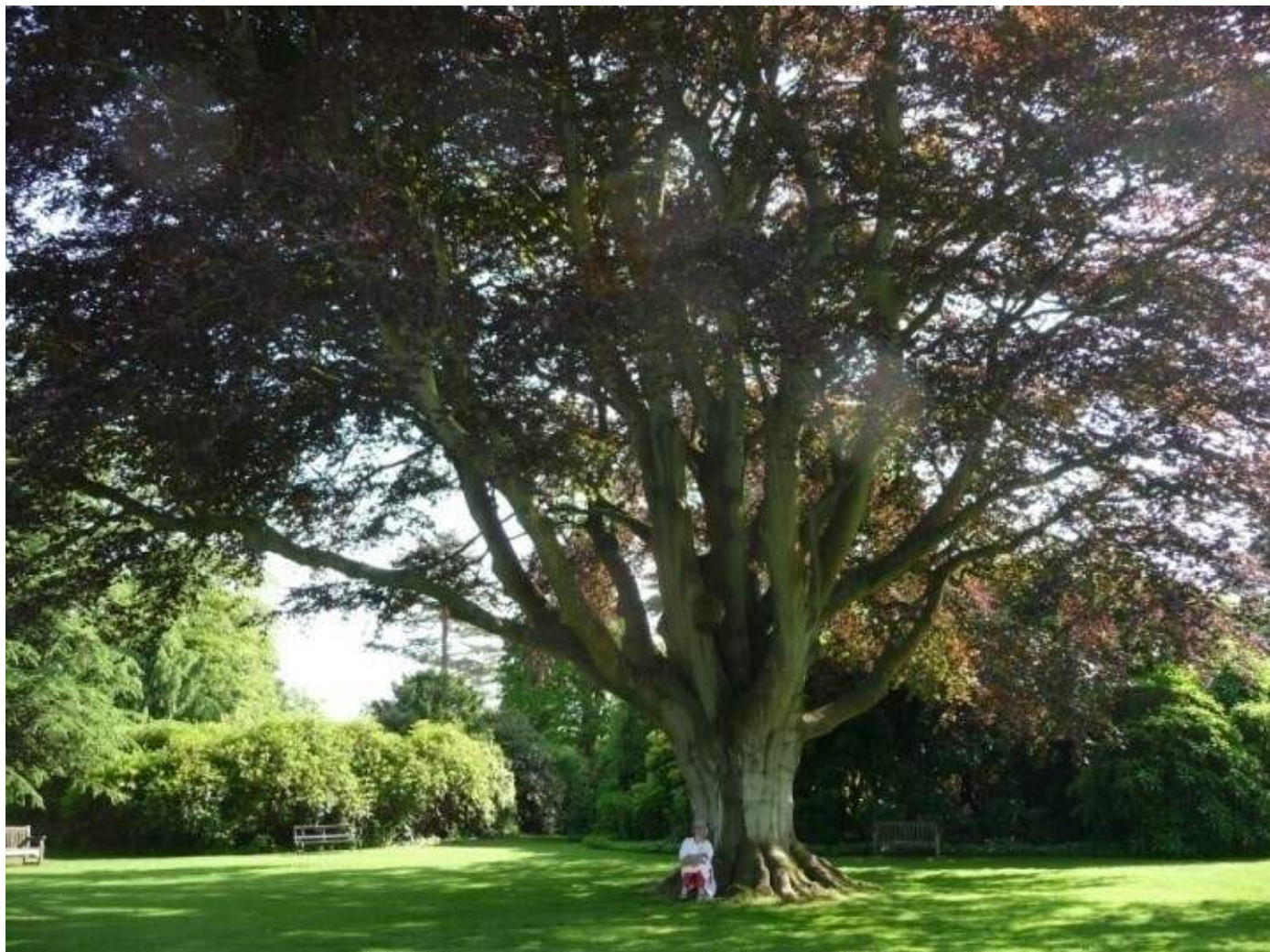
Slowly return to the here and now (time, date and venue). Stretch and ground yourself.

This Finger Holds sequence, along with the Liquid Light Relaxation and Tree Connection Sequence can be used at the start of all sessions. Together they form **the Harmony in Daily Living Practice.**

To listen to a recording of this [click here](#)

4. The LT Tree Integration Sequence (Script)

After completing the Harmony in Daily Living Practice, i.e., the Liquid Light Relaxation, the Tree Connection and the Finger Holds as outlined above, you can follow this script for an integrative meditative experience.



Focus on your breath. Breathe in and breathe out.

See yourself going up to the Tree in the centre or core of your being. Stand or sit with your back against its trunk, knowing it will support you. Identify with the Tree. Visualise your energy field and the energy field of the Tree, merging together to becoming one. Feel yourself become one with the Tree.

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Imagine that you are sending your roots down, deep into Mother Earth, like the Tree does, to bring up the nourishment you need from the Cosmic Mother. Inhale whatever you need, such as love, affection, acceptance, compassion and acknowledgement or anything else you think you lack, and breathe out any negative emotions which you are willing to release. Now continue breathing in all the energies and breathing out whatever you are ready to release. Focus on your breath and keep breathing in all the nourishing energies and breathing out whatever you are ready to release.

Reach up as the Tree does with its branches and leaves towards the sun, the Cosmic Father, and breathe in whatever is being given to you from that source of nourishment. Exhale anything that could prevent you from receiving it. You may want to specify what you wish to be given, such as courage, validation, acceptance, affection, protection and support or anything else that comes to your mind. As you breathe out, let go of any negative emotions that you are willing to release. Now keep breathing in all the energies and breathing out whatever you are inspired to release. Focus on your breath and continue breathing in all the positive energies and breathing out whatever you are ready to release.

Now inhale from both sources, and with each breath feel the two streams of nourishment flow throughout your body, bringing about the balance you need between the Yin and Yang forces of the earth and sun. Stay connected in this way, breathing in whatever you are being given. This unification with the Tree, energises, revitalises and heals you. (Pause for a while)

You can return to the Tree at any time to seek guidance, nourishment and healing. [Click here to listen to an audio recording of this meditation](#)

For those of you that enjoy listening to audios on Spotify, lookout for the LiberatingTouch meditations with LT Instructor Shelley Chapman. They are based on variations of the scripts you find here.

Responsibility to SELF and others

Use Meditative Inquiry and Unconditional Listening to investigate the mind (the cause of ALL suffering and separation). Through intuitive understanding, liberate the mind from fear, attachment and negative emotions.

In an open Heart, the lies created by the mind, dissolve into the light of TRUTH. The transparent, all pervading, resounding omniscient TRUTH. -

Ranjana



'Our duty, as men and women, is to proceed as if limits to our ability did not exist. We are collaborators in creation.' – Teilhard de Chardin

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Responsibility is the ability to respond to any situation with integrity. It is based on fundamental principles that guide humanity in its progress towards inner harmony and outer peace. In the Vedas (the Vedas are ancient Sanskrit texts - Veda means divine knowledge) these principles are called *Sanathana* (eternal), because their origins are not dated, their author is not identifiable, they are the revelations made in the clarified intellects of impartial sages.

When responsibility to self and others is ignored, we discover a mind steeped in fear. Being responsible requires us to be aware and consistent with our thoughts, words and actions. With *LiberatingTouch®* we explore the many ways the mind resists responsibility or is confused about it.

The mind has no distinct form or shape. It assumes the shape or form of the thing it is associated with. Wandering from wish to wish, flitting from one desire to another – this is its nature. Thus, the mind is the cause of joy and grief, of elation and depression. The mind is prone to gather experiences and store them in memory. It does not know the art of giving up. Nothing is cast away by the mind. Therefore grief, anxiety, pain and misery continue simmering in it.

The question is how do you train the mind to give up what you want to cast away... you can use meditation, inquiry, or other rigorous spiritual disciplines. We have developed *LiberatingTouch®* as a practical and hands on method for detachment.

‘The highest Dharma (Responsibility) is the pursuit of Truth, this opens the Heart from which pours the wisdom of compassion, Love and Peace.’ – Ranjana



A few tips for Unconditional Listening

Become aware of your breath, the tone of your voice, any discomfort or tension in your body, allow your thoughts to slow and drop your awareness from your head to your heart. You may want to place your hand on your heart.

Inhale and exhale. Close your eyes and give yourself permission to let go. Let your shoulders drop effortlessly and when you open your eyes see the world afresh, anew, as if you are seeing through the eyes of a baby. Make the choice to pay attention to your intuition. Look at everything around you as if you are seeing it for the first time, feeling for the first time, hearing for the first time and notice the sensations, sounds, colours and shapes. You may need to open and close your eyes deliberately a few times to let go of your agenda, opinions and filters. To see the world with wonder is to be open to the infinite possibilities of Love and Truth. Once you feel receptive to listening without judgement, with loving awareness, you are ready to ask questions and then wait for the answers to arise from the SELF within.

‘One does not become enlightened by imagining figures of light but by making the darkness conscious.’ - Carl Jung

‘In every culture and in every medical tradition before ours, healing was accomplished by moving energy.’ - Albert Szent-Gyorgyi

‘The truth is that within each of us lies the power to cast all misery aside and to KNOW complete Peace and Oneness to BE that beautiful creation of perfect harmony to truly KNOW (Help) MySelf’ - Mary Burmeister

Peace

Awaken Awareness with the Breath and the Hands. Practice Detachment and Discernment. BE Constant Integrated Awareness. KNOW (heal) My Self.

The mind and emotions impact the body, life and environment. Once we understand this, we can use simple effective ways to bring balance and equilibrium to the body-mind by engaging the energy field with awareness. With touch and breath awareness we can heal and balance Anxiety, Anger, Sadness, Guilt, Shame, Regret, Resentment and any other negative emotional states. By simply holding the Energy Balancing Locations while tuning into what makes us afraid, we can transform FEAR emotions, pain and stress and witness them dissolve into the light of loving awareness.



The Infinity exercise for Detachment and Peace

Here is an exercise to help you develop detachment. Once you teach the mind to detach from the story of fear, suffering and pain, Peace, Love and Bliss become your nature.

The 'Infinity Exercise' is a visualisation technique that is also a part of the *LiberatingTouch®* Detachment Process. Start by visualising or imagining that you are in one loop of a large 'Infinity symbol' and the object, symbol or person that you need to detach from is in the opposite loop of the 'Infinity symbol'. Then visualise a 'white serpent of light' moving along the path of the 'Infinity symbol' (clockwise or counter-clockwise), looping around you and then looping around the 'other', as illustrated in the diagram below.



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As you do this your thoughts will create a vortex of energy spinning around you in one direction and spinning around the loop in front of you in the opposite direction. Physics suggests that opposing movements can create separation and distance. In the Infinity Exercise, we symbolically use this principle to help loosen emotional entanglement and reclaim inner balance. A vortex will also pull everything to its centre, just like water in a sink which spirals as it drains out. When we do this exercise, we are communicating to the subconscious, in symbolic language, to deprogram our attachment to the object, person or symbol in the loop opposite us. Therefore, the subconscious will free the energy locked in the conditioned process and allow us to reclaim our power. In effect, it is breaking the pattern of control (fear). The mind is extremely powerful and thoughts can manifest energetically (as you think so it becomes).

This exercise can be used whenever you feel that you are reacting to someone or something, even during a phone call, or when conversing with someone. All you have to do is put yourself in one loop of the Infinity symbol, and the person or object in the other loop and visualise the 'white serpent of light' going along the path of the 'Infinity symbol', till your reaction stops, or till you experience serenity.

This one visualisation can help you at any time to create space so that you can respond to any situation/person with clarity and strength. We all know how easy it is to get enmeshed in irate conversations, to be triggered by a remark, or to feel pressured. If in that moment, you remember to visualise, think, or even trace the Infinity symbol with your fingers, and imagine that you are in one loop, and the distressing/annoying/confusing issue/person is in the other loop; you can instantly create the breathing space you require to disengage from the story and take inspired action. The use of the Infinity Exercise is colloquially referred to as *infiniteising*.

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You can infinitise to detach from someone or something which makes you react negatively, or from that which you are trying to control, or from someone or something you are allowing to control you. This exercise draws all your scattered energy back to you, and similarly all the energy of the person, or challenge, back to itself in the other loop. This weakens the energetic links and allows you to meet any situation, person, addiction, or substance with understanding and compassion.



You can learn more about this in Eddie and Ranjana's book, 'DETACHMENT - The Secret to Infinite Peace' (available on amazon kindle QR code below).



A few Infinity Shares ∞

I use the infinity for painful emotions that show up, hardships, for buying a new car, when travelling in a car, plane or going for a walk. I use the infinity before I answer a phone call, emails, and text messages. When I visited the hospital for my Mum and Michael, I was continuously infinitising. In my work, before my clients come and after they leave. In my clinic the infinity helps to clear the energy in the room I am working. When I go shopping, to the theatre or watch a movie. It is my go-to!! - Anita

I use it all the time with my 'yelling/ over talkative' cat, phone calls with significant people, emotions, physical projects/ challenges, pain, as well as just doing it without anything in mind! - Juliet

I use it for certain emotions, when they are at a greater intensity, some people or group, some event or trip. Deep down, it's always due to an underlying emotion: anger, sadness, dissatisfaction, worry... Infinity allows me to lessen the intensity and feel calmer and more at peace with myself. It brings me comfort and peace. - Marianna

I'm prompted to use it mainly when I'm talking to someone (in person or on the phone) who is starting to trigger a degree of anxiety in me. My tummy would start to feel a familiar 'churning' and I'd infinitise them. As soon as I get that churning I know I need to stay in my 'zone' or power. I'm so grateful for this tool. - Nanda

You can find more anecdotes about the infinity exercise and how to use this powerful tool at: <https://liberatingtouch.com/peace-and-detachment/>

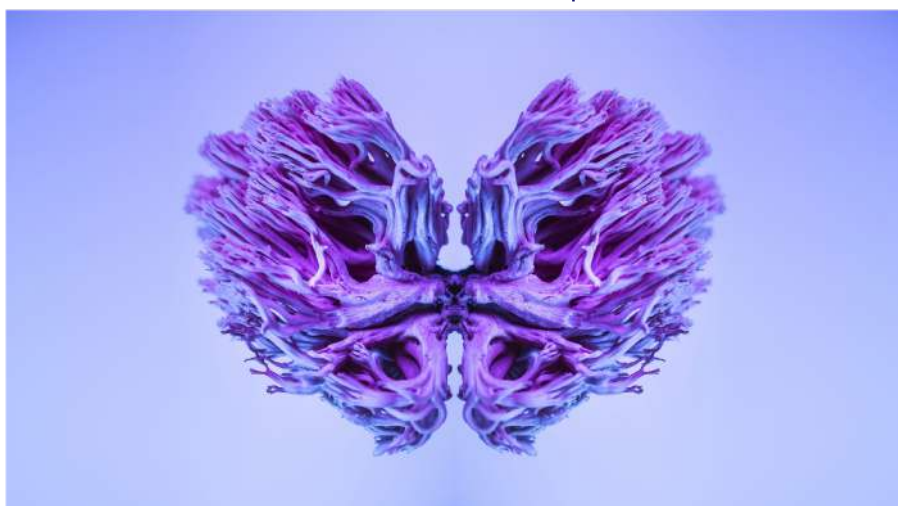
Love

Experience the Illuminating power of the Heart (Wisdom). Meet ALL of suffering with Love and Compassion.

‘Where there is confidence there is love, where there is love there is truth, where there is truth there is peace, where there is peace there is bliss, where there is bliss there is God.’ - Sri Sathya Sai Baba

There is a dynamic relationship between the mind and the *Spiritual Heart*. The mind stores everything; perceived memories, judgements, fragmented half-truths, beliefs, unfulfilled desires. While the *Spiritual Heart*, the residence of the Illumined (Universal) Self is the place from which wisdom springs; it is the fountain of truth, wholeness and inspiration. By connecting to the Illumined Self, taking responsibility for our thoughts, words and actions, and investigating our beliefs, we can meet all our issues, problems and pain with an open, forgiving, and compassionate heart. Freedom is the ability to meet all of life with an open heart.

The mind reacts, the heart responds, the mind suffers, the heart heals, the mind stores pain, and the heart forgives. Love can bear everything; it is fear that finds pain unbearable. A conditioned, disordered, confused, or anxious mind reacts from fear, while the open heart responds with love.



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We now understand that by using our imagination we are communicating to the subconscious mind. With the Tree Connection Sequence, we use the inner wisdom to communicate to the subconscious mind and reprogram it. With meditative inquiry we investigate behaviour, actions and reactions. Through intuitive understanding we create a space in which we transform outmoded (no longer appropriate) behaviour. By touching the Energy Balancing Locations at the same time, we allow the Illumined (Universal) Self to make the changes which are in harmony with our lives now. In this way, we open the path to reclaiming our power. - Ranjana

The *LiberatingTouch*® Daily Practice (28 Day) for Opening to Wholeness

Many of us would like to permanently alter a habit, create a new behaviour pattern, manifest abundance and grace into our lives, experience equanimity and love, and move into alignment with the deepest calling of our Heart. This process is tailor made for the realisation of our potential and wholeness. This

28 Day or 4-week practice is also about liberating consciousness from constriction and resistance so that we can, in time, realise the SELF (Love and Truth).



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The most difficult part of this process is, knowing what you want, knowing what is missing in your life, knowing where your power is lacking or diminished. The Illumined Self knows what you really want and what is in alignment with Love and Truth. If it is something you have wanted (been attached to) all your life then focusing on the desire may be unhelpful. You may need to understand what it is you require first, what this represents for you, what energy is missing or stuck in your life, and what experience can help you move in the direction of Self-fulfilment. Once, you hone in on this with the help of the Illumined Self, you can use this process as a key, unlocking the doors in the mind and liberating the infinite possibilities of the Heart.



For example, client T tended to slip into depression, he tried many things over the years and had good results for brief moments. He learnt ways to manage depression without medication, with CBT (Cognitive Behavioural Therapy) and EFT (Emotional Freedom Techniques). These worked well for him for brief spells. He was intrigued to try out this LT process. His desire was to feel more positive about himself. As we chatted and focused on the issue with meditative inquiry, we discovered a memory that filled him with 'gladness'. It had taken place in a home where he had felt very safe; we used the location as the '*key phrase*'. This process worked for him. Months later, he remarked that although he still gets down, he said he no longer experienced depression.

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Another example is client S, she wanted to be healthy and active. She had arthritic pain in her joints and was saddened that she found it difficult to play with her grandchildren. After connecting to the Tree, she was given the phrase, '*flexible healthy fun*'. This was the key for her to relax and allow a shift in consciousness. What was interesting, in the process of practicing, she came to terms with the lack of fun in her childhood, and so she healed her unhealthy childhood experiences. The result of using this process for 4 weeks was that S still had arthritis but she didn't feel restricted by it anymore. She began to have fun in all areas of her life.

Once you have a clear sense of what you require for wholeness and healing, via meditative inquiry and connecting to the Tree (intuition), you then need to note it down as a succinct and engaging phrase. Now, write it in the blank spaces in statements below. For help with this, or to know more about *LiberatingTouch*® you may wish to book a session with a [LiberatingTouch Facilitator](#). You are now ready for the process.

This process has 4 steps

1. OPENING
2. RELEASING
3. LIBERATING
4. SURRENDER (GRATITUDE)

When practising these steps, you can visualise, sense, imagine or think that your consciousness inhabits a dwelling, it can be anything and can change with time.

Here are suggestions and directions for the 4 steps:

1. OPENING

Imagine, visualise, sense or feel that you are opening the doors to the dwelling that represents your consciousness as wide as you can,



allowing the energy and experience you desire (intuit) to enter and fill your body, mind and heart. During this step stimulate the tender areas on the chest gently and repeat the phrase below 3 times.

'Opening this body, mind and Heart consciousness to the experience and energy of ___ key phrase___' and then,

Touch all the Energy Balancing Locations while repeating the '*___ key phrase___*'

2. RELEASING

Imagine, visualise, sense or feel that you are exhaling the resistance, impurities and negativity from your body mind and life, with your breath. Place your fingers of one hand in the centre of the other hand's palm and focus on your exhalation (count 3 to 9 exhalations) while saying the statement below.

'Releasing all Conflict, Confusion, Resistance, and Limitations to___ key phrase___ with each exhalation'

3. LIBERATING

Imagine, visualise, sense or feel that you are now opening all the windows in your consciousness dwelling, letting light in and liberating whatever has been trapped and stored out, so everything that represents fear and attachment is being set free from your consciousness and is leaving the dwelling, rushing out of the windows like trapped shadow birds flying out into the light. Once outside they are transformed into light. Hold each finger while repeating the statement below.

'Liberating myself from any (all) fear and attachment connected to this ____ key phrase_____'

4. SURRENDER & GRATITUDE

Imagine, visualise, sense or feel that you are now in the centre of this dwelling of consciousness, peaceful and still. The new energies that you are drawing in are swirling all around you filling all the spaces in your body, mind and life. The old energy is dissolving into light. See yourself giving thanks to the omniscient, omnipresent and omnipotent power that is making all the changes for you while you wait and witness the new energies take shape and manifest. Rest your hands on any part of your body during this step (for many it is the heart and/or solar plexus area) while saying:

'Surrendering to the expansive and infinite possibilities of LOVE & TRUTH, thank you, so IT IS (repeat the key phrase silently within yourself), IT IS SO/ IT IS TRUE'

(If you have difficulty with the concept of surrendering, try this phrase: Allowing myself to be open to the infinite possibilities of Love and Truth.)

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Here are the 4 steps and phrases, just fill in the blanks...

1. Rub your upper chest gently while repeating the phrase below 3 times

'Opening this body-mind and Heart Consciousness to the energy and experience of _____'

And then touch all the Energy Balancing Locations while focusing on

'_____'

2. Repeat the phrase below while placing your fingers of either hand in the centre of the other hand's palm and focus on your exhalation (count 3 to 9 exhalations)

'Releasing all Resistance, Conflict, Confusion, Limitations to _____ with each exhalation'

3. Hold each finger while repeating the phrase below:

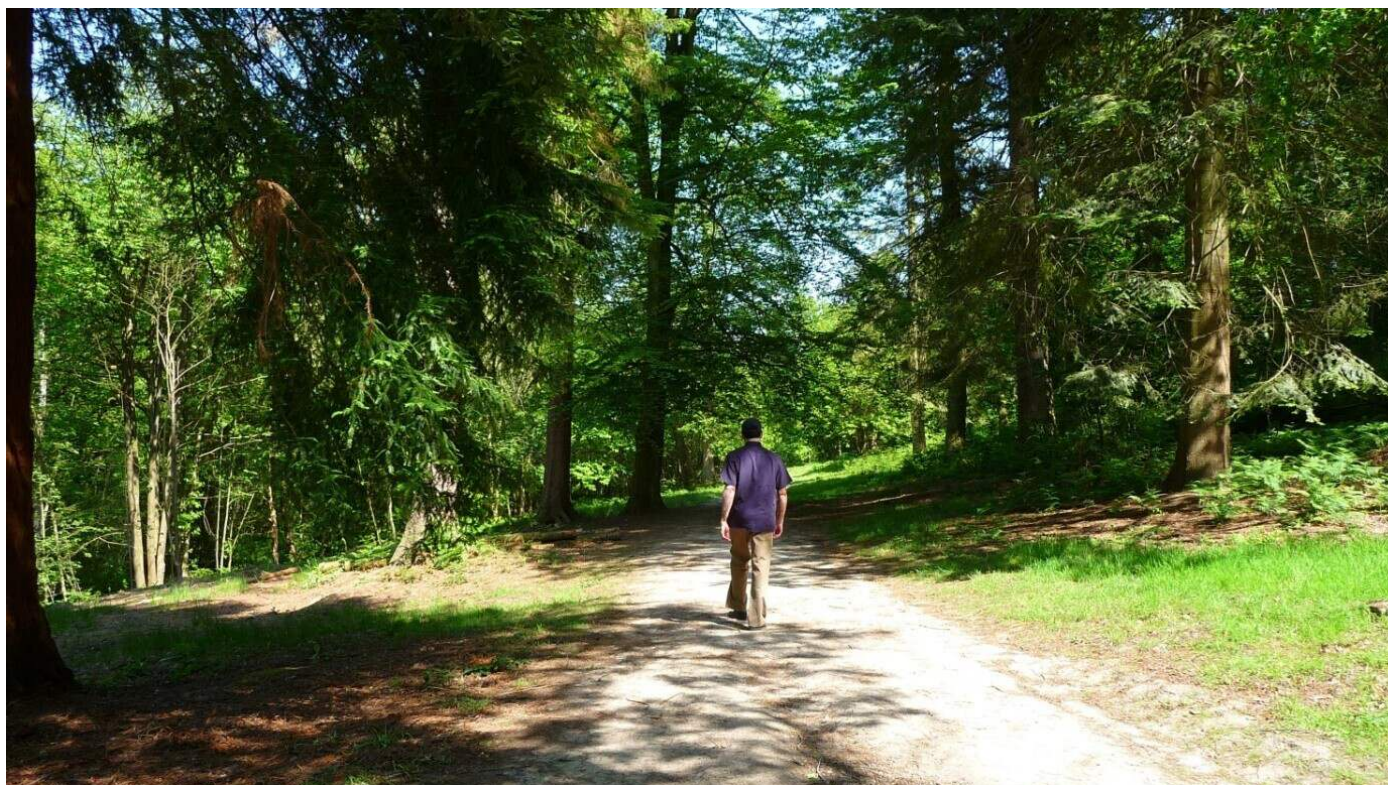
Liberating myself from all fear and attachment related to this _____

4. Rest your hands on the heart and / or solar plexus area while saying:

'Surrendering to the expansive and infinite possibilities of LOVE & TRUTH, Thank You, so IT IS (_____), IT IS SO/ IT IS TRUE.'

In brief, practise these 4 steps daily, engaging the Energy Balancing Locations as you speak each statement aloud.

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If you would like to learn more, we invite you to join a LiberatingTouch online or in-person class. Together, we explore and experiment, witness demonstrations and learn practical ways to heal, return to joy and knowing Truth.

More information is available at www.liberatingtouch.com.

Personal Healing Sessions with LiberatingTouch®

Your LiberatingTouch® Facilitator is here to help you navigate life's challenges, experiences, the ups and downs. They will ask you inspired questions that get to the heart of things.

Through this process, you'll reconnect with your intuition, find some real moments of clarity, joy, and insight.

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Picture it like this: LT facilitators are like compassionate guides, using both meditative inquiry and gentle touch to help you find your way to healing. For example, they might ask you things like, "*What do you really want? How do you take care of yourself? And who would you be if you were free from fear?*" These questions aren't meant to stress you, but to help you understand yourself better and let go of any disempowering baggage you're carrying. It's all about finding your truth and letting go of what doesn't serve you.

What LiberatingTouch® can do for you?

People often call and ask for help, support, relief, and solutions for their:

- Health Challenges (stress, pain, illness, chronic conditions)
- Relationship Conflicts (family, friends, partner, employee, employer interactions)
- Work Projects (obstacles to positive action, growth and profit)
- Self Confidence Issues (due to shame, low self-esteem, anxiety, addictions, guilt and so on)
- Or purely because they are feeling stuck

We listen, inquire, hold Energy Balancing Locations and together, we dive deep into the inner ocean of wisdom for healing, understanding and freedom. We draw on the energies of the 4 tenets for release and solutions. Each session triggers a shift in awareness and induces transformation and healing.

Visit www.liberatingtouch.com to connect with a LT Facilitator

Knowing the SELF (God Realisation) is the endgame of *LiberatingTouch®*. Truth, Self-Responsibility, Peace and Love are the pathways we use in *LiberatingTouch®* to Self-Realise - Heal.

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Emotions related to rage, grief, and fear if not expressed or resolved can become deeply held and later show up as mental confusion, volatility, or physical projects. The job of a LiberatingTouch® Facilitator is to help you experience and resolve in a safe way fear, rage and grief (and all underlying associations), while creating a loving environment of seeking, playing, and understanding. It is a deeply enriching and nourishing experience for both you and the facilitator.

This process reveals that within us all is the capacity to live, breathe and experience an enlightened life.

*Whether it is financial failure, mental/emotional/physical abuse, trauma, sickness, embarrassment, guilt, shame, disappointment, or heartbreak, when we shine a light into the past and release the stored stress, we experience peace in the present. This in turn helps us reclaim our power and liberate our future. -
Ranjana*



An Additional Note About the ILLUMINED SELF (I S)



The Individual's connection to the Illumined Self or Infinite Self (I S) is at the very heart of *LiberatingTouch (LT)*. IT IS the reason LT works so elegantly. The Tree symbol/ image, is used in most of the LT guided meditations to connect to the Illumined Self (IS).

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When we speak of the Illumined Self, we are referring to the reflection of God or the Infinite Intuitive Self that exists through all time and space in every being (When we speak of GOD, we mean the nameless, formless, ONE – known in the Vedas as Brahman). There is only the One Illumined Self – the reflection of The Totality - the Absolute Omnipotent Self – the Absolute Truth from which Infinite Love emerges. The Absolute Self is beyond Consciousness – beyond light and dark, beyond love, beyond duality and non-duality, it has no beginning or end, AS IT IS, IT IS.

The Illumined Self is a result of the Absolute Self projecting IT Self into Creation. In the past, we called the Illumined Self the Higher-Self, but this is a misnomer, it would be better served to call it THAT, **the Infinite Intelligent Intuitive SELF (IIS)**. Many teachers refer to their experience of oneness with the Illumined Self as *Is-ness*. In some of the most ancient texts, it is written that there are as many names and forms of God as there are life forms. The One Illumined Self can reveal itself through All names and forms.

The Illumined Self, the One, communes with each one of us uniquely, exquisitely, and perfectly.

Understanding the Illumined Self using Sunlight as a metaphor



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Let us use the symbol of the Sun to represent God, or the Absolute. The Sun's light touches all of creation. It can shift colour, reveal countless forms, and serve many functions, yet, through every expression, it remains the One Light.

The Illumined Self within each being is like this light. It is not the Sun itself, nor the Source of Light, rather its emanation, its reflection, its essence. It is the presence of the Infinite uniquely expressed in every being.

This light is **Love**, the Love that reveals **Truth**, signposts **Self-Responsibility**, heals, guides, transforms, and brings about **Peace**. Just as sunlight nourishes life, the Illumined Self awakens us to our divine nature, calling us back into wholeness.

It is a Heart to Heart, a One-to-One connection, there are no intermediaries. Sometimes the IS gets others to confirm our experience and knowing, helping us discriminate and discern between the mind's chatter and the I S Truth.

You do not need to understand this concept to benefit from LT. We invite you to have a direct experience the Illumined Self and to trust THAT.



Nothing in the whole wide world can prevent love blossoming in your heart once you discover that the seed of joy exists and has been planted within you. - Ranjana

LiberatingTouch® is an art that can help anyone to progressively step into their Truth, discover their innate power (Love) to heal themselves in all areas of life, know happiness, and realise the magnificence of the SELF. - Ranjana

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If you are interested in finding out more do check out the abundant resources at <https://liberatingtouch.com/>



Footnotes

1. There is an extensive section on the Illumined Self at the end of this guide ↑
2. If you struggle with visualisation, it's okay, as you practice, it will get easier. Activating your inner vision is part of the process, it will happen in time. Till such time, *imagine, feel, think, perceive, or sense* as best as you can. ↑

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Thank you for choosing to read this intro manual today.

Thank you for being here, for the many unseen kindnesses, for your curiosity and participation in the spiritual regeneration of humanity.

Remember: your nature is pure, radiant, good, and rooted in something far greater than you can imagine.

May all the beings in all the worlds know peace and contentment
Peace, Peace, Peace

Samastha Loka Sukhino Bhavantu 
Om Shanthi Shanthi Shanthi

