

Health,
Vitality &
Wellness

Heal Your Emotions to Heal Your Life

*Learn how healing your emotions
can improve your health & vitality*



Rangana Rupavi Choudhuri (PhD)

 **Vitality**LIVING
— College —

"Unless we can release our past, it is held in our body cells – it has a relentless effect on our body chemistry, perhaps eventually causing a real health problem. If unresolved emotions or feelings are not cleared, they continue to affect our lives – our relationships, our performance at work, our feelings about ourselves. Most of these unresolved feelings relate to events from when we were young – they can be events that seem trivial when viewed from the adult, rational mind but to our younger selves they might have been traumatic, inducing fear, pain, guilt or low self-esteem that we continue to live with at some level for the rest of our lives."

Caroline Myss, PhD

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■ Poor health is related to emotional stress and trauma

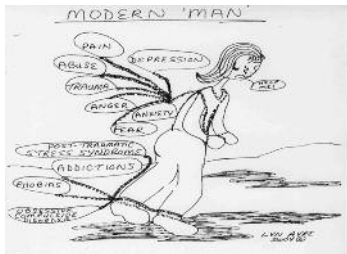
Did you know 85% of illness is stress induced?¹ Chronic as well as unconscious stress upsets the natural balance of the nervous system, disturbing the body's natural ability to maintain and repair itself, making the body vulnerable to the effects of poor diet, environmental toxins and microbes. This breakdown of the body's natural ability may result in disease and illness.

A study by Kaiser Permanente involving over 70,000 individuals showed that childhood emotional trauma was a significant factor in the development of chronic disease later in life, specifically:²

- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Risk for intimate partner violence
- Smoking
- Suicide attempts
- Multiple sexual partners
- Health-related quality of life issues
 - Liver disease
 - Chronic obstructive pulmonary disease
 - Ischemic heart disease
 - Sexually transmitted diseases

“Pro-actively clearing daily stresses and past emotional upsets and traumas is the best health insurance. Once we have health we have everything.”

In addition 70 published studies from the community on nearly 70,000 trauma survivors showed a tenfold increase in depression as well as two studies following 11,000 people for up to 20 years



revealed an increase in depression of up to tenfold.² Childhood maltreatment has been shown to result in increased cardiovascular disease in women and depression in both men and women.³

Emotional hurts and trauma can vary from person to person. For someone it may be a parent or teacher saying 'shut up' and for others it could be verbal or even physical abuse. Trauma is upsetting no matter what the severity.

Negative upsets can be experienced at school, home and workplace in the form of bullying, shouting, angry outbursts, overwhelm and feeling or being controlled by others. I wonder what hurts you are holding on to? What events have occurred that have caused emotional pain? What is it that you get stressed about?

■ Suppressing emotions can lead to disease

The science for emotional healing is based on the work of Dr Candace Pert,⁴ Dr Deepak Chopra⁵ and Dr Bruce Lipton.⁶ What these scientists uncovered was that when emotions are suppressed it can lead to cell receptors becoming blocked and DNA changing in a way that makes the body more prone to illness. Conversely, on freeing our negative emotions, the cell receptors unblock and the body can naturally heal of its own accord.

Dr Deepak Chopra, in his book *Quantum Healing*, published the theory that trauma and suppressed negative emotions are often stored as 'phantom memories' in our cells. He argued that these



cellular memories act subtly over long periods of time, and can cause disease and illness many years after they have first been put in place.

Subsequently Bruce Lipton has shown we can also store negative events and traumas in the field

(invisible energy that is in and around us all the time).

Dr Candace Pert went on to show that the mind is not confined to the brain. Instead, the mind is a 'flow of information' moving between all cells, organs and systems of the body. This in turn implies the body is no longer separate from the mind and that the body is the mind. This means when something changes in the mind, for example our emotions, it affects the body.

Research has also shown that within the body are a class of tiny proteins, called neuropeptides, and they are responsible for our emotions. Particular emotions are associated with a particular neuropeptide so that, over time, if we are prone to experiencing a particular emotion, our cellular structure actually changes to accommodate more of the neuropeptide associated with that emotion. So our emotions have a direct impact on our internal biochemistry.

A scientific study conducted by the Heartmath Institute demonstrated that when study participants evoked strong positive emotions like love and appreciation, their DNA increased in length. However, when

"The field is the soul governing agency of the particle."

Albert Einstein

“I suggest that the body and soul react to each other in sympathy. A change in the state of the soul would necessarily have an effect on the body and vice versa.”

Aristotle, 400 BC

these same individuals experienced strong negative emotions their DNA became shorter and in some cases terminated. Interestingly, this process was reversed when the individuals switched back to experiencing strong positive emotions. Therefore, emotions influence our DNA and as our emotions change so does our genetic make-up.

With emotional healing you are able to access specific cell memories, traumas stored in the field as well as limiting emotions and, more importantly, actively resolve them and let go of the stored issues allowing health, healing and vitality.

Emotional healing is possible to re-gain health and happiness

There are different types of emotional healing that uncover and clear the root cause as well as underpinning cell memories and traumas.

The three forms of emotional healing that I recommend, based on personal experience of training 1000s of people around the world, are as follows:

1. Emotional Freedom Techniques
2. The Journey by Brandon Bays
3. Matrix Reimprinting

All these processes create a space for allowing emotions, healing and life transformations.

■ Emotional Freedom Techniques



Emotional Freedom Techniques, EFT, is now used worldwide by millions and clears emotional stress and upsets.

The technique has been clinically shown to reduce depression, anxiety, traumatic stress, phobias, pain, cravings, negative emotions (for example anger, sadness, grief, fear, hurt, guilt) as well as negative memories. Once negativity is cleared it creates a feeling of well-being and calm.

EFT combines tapping on acupuncture points while repeating specific phrases releasing stress and emotional traumas. The technique integrates ancient wisdom and the science of acupuncture with modern day psychology without the need for needles.

Negative emotions cause a disruption of the body's energy system. By tapping on the acupuncture points and saying phrases out loud EFT re-wires the energy system creating a feeling of peace, calm and letting go. In many cases after EFT people experience a shift in thinking that is more empowering.

■ Clear stress and upsets with EFT

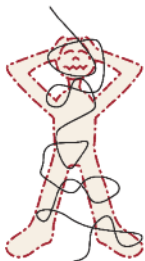
The pace of life is becoming increasingly hectic, and with demands made on us from numerous places, it can be difficult to allow yourself



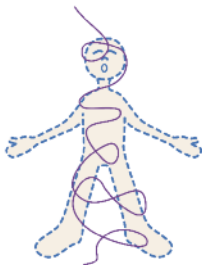
“EFT produces great healing benefit.”

Deepak Chopra MD, Author, mind body spirit expert

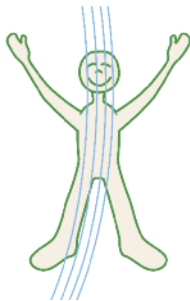
Clearing energy disruptions with EFT



Energy disruption



Using EFT



Relief!

the time to focus on yourself and your well being.

This can lead to a life that is unhappy and stressful with very little excitement or sense of self worth.

Given the choice most people would live lives that have reduced stress, increase self-belief, free from past upsets and with a positive outlook.

Below are step-by-step instructions to use EFT as part of a daily health and happiness routine:

“After 6 sessions of EFT 90% of study participants were free from symptoms of post-traumatic stress disorder.”

PTSD Study, Dawson Church, 2010⁷

1. Identify the problem by asking yourself

- What am I stressed about? What is upsetting me? Who is upsetting me?
- How does that make me feel? How does that really make me feel?
- Where in the body do I feel this stress or upset? What kind of a sensation is it? How does that make me feel?

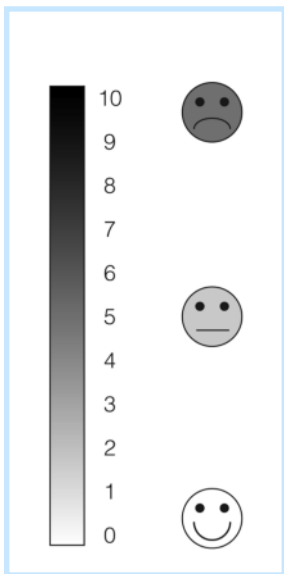
2. Measure the problem from 1 to 10 by asking

- On scale of 1 to 10 how high is this stress where 10 is a very high stress and 1 is no stress at all?
- On a scale of 1 to 10 how high is this emotional upset where 10 is really upset and 1 is not upset at all?
- On a scale of 1 to 10 how high is this negative feeling where 10 is really high and 1 is not high at all?

3. Start with tapping on the side of the hand

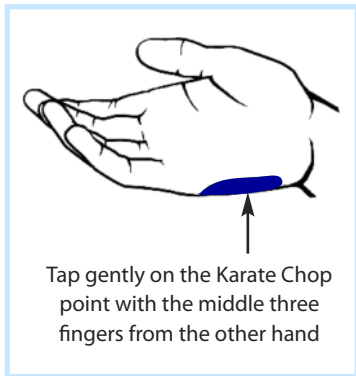
Tap with the fingers of one hand on the karate chop of the other hand (side of the hand below the little finger) and say the following three times with feeling:

"Even though I... (name problem with specific information of what



happened, who did what as well as the negative feeling and number), I deeply and completely accept myself."

For example: "Even though I am really stressed because I have too much work and it makes me feel anxious and it's a 10/10, I deeply and completely accept myself."



Tap gently on the Karate Chop point with the middle three fingers from the other hand

4. Tap each point 7 times as you say a phrase from the problem

Repeat key phrases out loud from the problem, for example the emotion of specifics about the problem, while tapping on the points shown below.

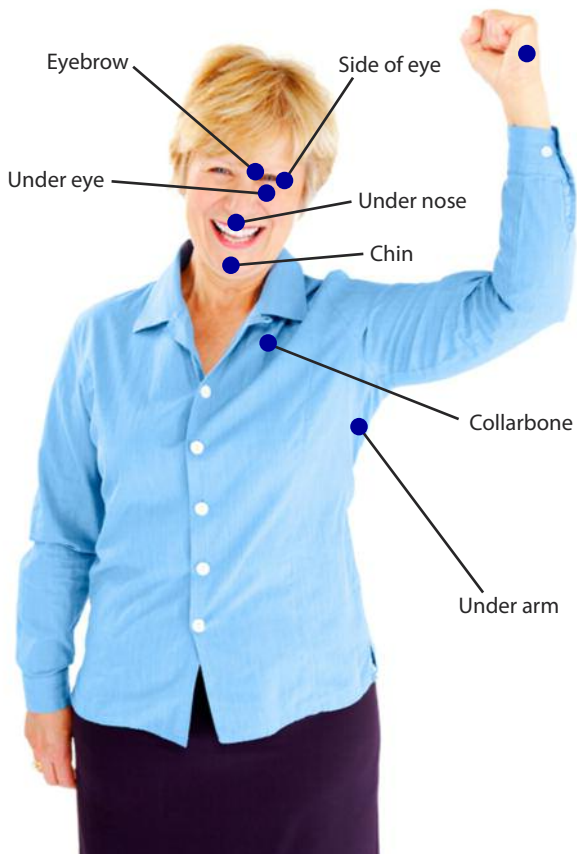
- **Eye brow** – at the beginning of the eyebrow just above the nose
- **Side of eye** – on the bone bordering the outside corner of the eye
- **Under eye** – on the bone just under the eye
- **Under nose** – between the bottom of the nose and the upper lip
- **Chin** – midway between the point of the chin and the middle of the lower lip



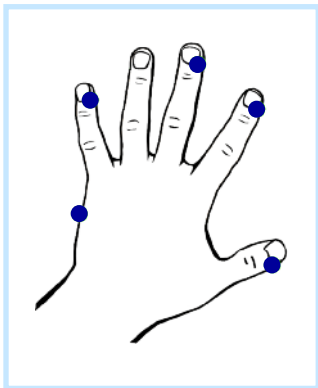
"EFT is a simple, powerful process that can profoundly influence gene activity, health and behaviour."

Bruce Lipton, Author of *The Biology of Belief*

EFT tapping points



- **Collarbone** – at the junction where the breastbone, collarbone and first rib meet
- **Under arm** – under the arm about 10cm from the armpit
- **Thumb** – on the outside of the thumb, level with the base of the nail
- **Index finger** – on the side of the index finger closest to the thumb, level with the base of the nail (miss this point out if pregnant)



- **Middle finger** – in the same place on the middle finger
- **Little finger** – in the same place on the little or baby finger
- **Karate chop** (side of the hand) – on the edge of the hand

5. Final clearing. On the Karate Chop say the starting set-up phrase again (name the original problem again).

“Even though I... (name problem), I deeply and completely accept myself.”

- 6. Relax.** Take a gentle breath in and out and take a sip of water. It is very important to drink water to flush out any toxins that get released. 70% of our bodies are composed of water – drinking water is vital to our health and vitality.
- 7. Testing the results.** Measure the problem again from 1 to 10. Notice how the problem and original emotion feels different. If there is an emotional charge left, repeat the tapping process again till you feel better.

■ EFT for a range of challenges

Extensive application of Energy Psychology treatments like Emotional Freedom Techniques has shown impressive improvements in a wide variety of issues, including those listed below.

Personal performance

- Abundance
- Weight loss
- Business and career goals
- Self realisation/spiritual growth

Emotional challenges

- Children's behavior
- Relationship issues
- Anger management
- Depression
- Insomnia
- Severe trauma (PTSD)
- Addictions
- Sexual abuse
- Phobias

Physical diseases

- Allergies
- Migraines
- Pain management
- Chronic fatigue syndrome
- Multiple chemical sensitivities
- Hypertension
- Fibromyalgia
- Cancerous cells
- Muscular dystrophy
- Parkinson's disease
- Cystic fibrosis

Other

- Animal healing
- Surrogate applications

■ EFT for stress relief

Stress, particularly emotionally related stress, is considered to be the silent killer in the western world and fast spreading to the east. A recent report indicated those suffering from emotional stress had a much higher chance of cardiac challenges. The Medical Journal JAMA reports:

“Stress can cause a heart attack, sudden cardiac death, heart failure, or arrhythmias (abnormal heart rhythms) in persons who may not even know they have heart disease. Individuals with congestive heart failure, coronary heart disease, known arrhythmias, or other heart or blood vessel diseases should avoid emotional stress whenever possible and learn to manage the effects of stress.”

Stress can cause an increase in the stress hormone ‘cortisol’ which can cause havoc with the body’s circulatory, hormonal, immune and digestive systems. For example, Irritable Bowel Syndrome (IBS), a disorder of the digestive system, is now known to be caused by stress.

The good news is studies have shown a regular practice of exercises: breathing, physical exercise, meditations and emotional release can reduce cortisol and stress levels resulting in a feeling of calm and well-being. In particular EFT has been clinically shown to reduce stress as well as stress hormones like cortisol. A recent clinical study in War Veterans has shown EFT to be effective in reducing extreme stress know as Post Traumatic Stress Dis-order (PTSD).⁷

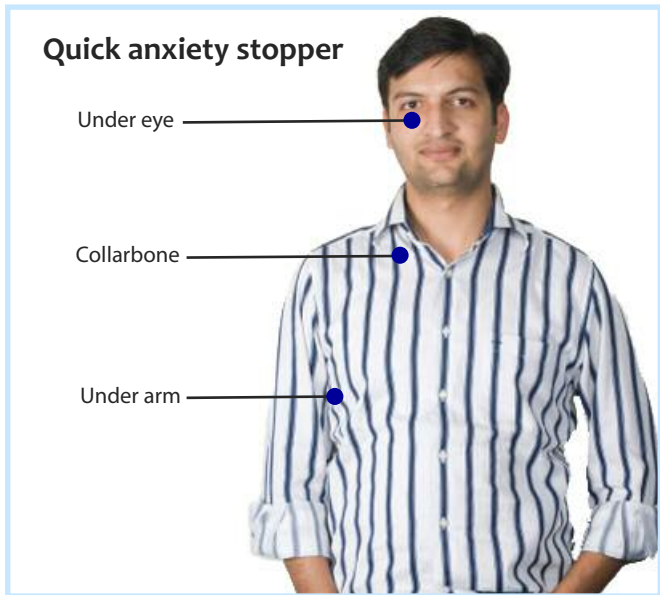


“I frequently use EFT with my patients with great results.”

Eric Robbins, MD

EFT points for stress relief

In the event you suddenly get stressed or overwhelmed with emotions just tap under the eye, collar bone and under the arm.



To experience EFT you can:

1. Attend AAMET approved EFT training with a skilled trainer
– see www.vitalitylivingcollege.info
2. Book a session with a practitioner – go to
www.vitalitylivingcollege.info/bookme/

Shaliny's story: From fear to freedom



Shaliny was suffering from panic attacks. With EFT, she went back to the first time when the fear came up. Then she said:

"Time seemed to freeze as I felt all the fear melt away. For a moment I felt like there was nothing there – no thoughts, no emotions. I felt like I was reborn as a totally new person. The first emotion that came up after that was love, total love for myself and this is something I haven't experienced before. This love hasn't left me from that moment and I feel like a child willing to discover life for the first time."



Freedom from fear of confined spaces



During the EFT Level 1 & 2 three day workshop Manuela Cristina overcame her fear of confined spaces



■ The Journey

The Journey is a method of cellular healing that gets to the root cause of an issue enabling physical and emotional challenges to be resolved. The process was developed by mind body health expert Brandon Bays to heal herself from a football sized tumour.

Subsequently the work was published in a book called *The Journey*, now an international best seller and available in 36 countries around the world. The different forms of Journey processes are as follows:

- Physical Journey – for physical issues like illness, pain, tension, anxiety, addictions, depression and health challenges
- Emotional Journey – for emotional issues likes fears, heartache, sadness, grief, hurt, guilt and unhappiness
- Abundance Journey – to clear everything and anything in the way of abundance in life, health, career, relationships, financial and spiritual life
- No Ego Journey – to clear limitations in the way of self-realisation, spiritual development and personal enlightenment.
- Healing Journey – for phobias, fears, limiting beliefs, vows, pain and self-sabotage
- Designer Journey – this is totally customised to individual requirements and can include any and all of the above for getting to the root cause and clearing any issue.



“The Journey will inspire millions, not only those with physical challenges in their lives but those seeking spiritual understanding.”

Candace Pert Phd

Case study: Regular Journey work in schools increases pass rate to 91%^{8,9}



In a pilot program in South Africa it was discovered that children who received:

- No Journey work averaged 67%
- Occasional Journey work averaged 76%
- Journey work once a week averaged 91 - 93%

By clearing out the emotional issues, the children had more energy and attention. The study showed children who received Journey work felt less unhappy, sad, angry, stressed, depressed and like a failure. Conversely they also felt happier, more fearless, successful and confident.

The Journey is being used to enable healing from issues such as:

- Chronic pain
- Anxiety
- Grief and anger
- Addiction and illness

What makes the Journey unique is that it combines emotional healing with connecting with the body's infinite intelligence, known as Source, to heal cell memories, creating a space for forgiveness and healing. When Deepak Chopra analysed data from tens of thousands

Alva's case study



Alva heals her depression and back pain to discover her life's purpose and create her dream life

"When I met Rangana I immediately felt safe and at ease. We did Journey sessions together and I discovered the cause of my

fear and abandonment which I had carried for 30 years. As soon as I had connected with the source of my problem, not only did my depression lift but I have not had backache since. I discovered a pattern in my behavior and thoughts which were constantly affecting my life. The worthlessness occurred due to over critical remarks and treatment from my father after my mother's death. Another Journey session and I was put back on track, not only did I get my self-worth back but I was able to understand my father more and was able to forgive both him and myself for our misunderstanding.

With Rangana's help I worked out my life's purpose. I cleared away issues that were holding me back and worked out how I could move forward and put my life's purpose into place. I can now positively say that I have not ever been happier, healthier and more prosperous.

Within two years I now have a wonderful home life. No financial worries and very comfortably off. A successful business: using my own abilities, gifts and talents in abundance. Clients from all the four corners of the world. Many that travel around the world and come to see me."

of case studies from survivors of serious illness he noted those that healed had two things in common:

1. Ability to access their infinite healing potential or 'source'
2. They uncovered and healed past cell memories

These two components are also part of the Journey process, allowing degenerative memories to be no longer passed onto the next generation and for either spontaneous or incremental healing to occur.

To experience the Journey you can either:

1. Purchase the book from Amazon or FlipKart
2. Attend a Journey seminar (www.thejourney.com for Europe and www.vitalitylivingcollege.info/journey-seminars/journey-india/ for India)
3. Book a session with an Accredited Practitioner (email help@vitalitylivingcollege.info)

■ Matrix Re-imprinting



Matrix Re-imprinting is the latest advancement of EFT (Emotional Freedom Techniques) that combines inner child healing, advanced EFT and quantum physics. It is based on the newest science and it is ideal for those who want rapid results.

The technique literally re-prints our limiting experiences creating harmony, balance and empowerment. This process is excellent for being at peace with any kind of trauma, powerless or helplessness.



“EFT is destined to be the top healing tool for the 21st century.”

Cheryl Richardson, Author

For example:

- Job loss or being put down at work
- Relationship break-up or divorce
- Accident like fractures, car accidents, injuries
- Bullying, made to feel small or weak
- Over-worked mom or employee
- Coping with loss, grief or sadness
- Fighting in the home or at work
- Financial worry
- Illness, health issue
- Physical pain or tension
- Verbal, physical or sexual abuse

From my personal experience of having conducted trainings and worked with 1000s of clients around the world, Matrix Re-imprinting provides many side benefits too, for example:

- Looking and feeling younger
- Increased confidence
- Feeling more empowered
- Greater harmony and peace
- Feeling more motivated

Matrix Re-imprinting also has the benefit of clearing:

- The T-1 trauma moment (the moment before the trauma occurs as sometimes there is an inner knowing that the trauma is going to occur and there can be regret as a result of not heeding the inner signal)



- The shock, numbness or frozen feeling – according to Dr Robert Scaer,¹⁰ unlike animals, humans are unable to release the shock as the trauma occurs, instead it gets stored inside
 - Allowing the child who experienced the trauma to be in charge
- Enabling a full emptying out and organic forgiveness
 - Coming to peace with the previous trauma
 - Re-setting what happened with an empowering perspective
 - Allowing a connection with universal source energy, integration and wholeness

The beauty of Matrix work is that it makes a connection with the inner child who felt powerless and helpless and that can also get frozen in time. This inner child is known as the ECHO in Matrix Re-imprinting. The ECHO becomes the client, enabling the child to claim their power back.

Once Matrix Re-imprinting is learnt it stays with you for life. Practitioners who use Matrix Re-imprinting notice it allows more rapid resolution and they are able to complete within fewer sessions and as a result charge clients more per session. This benefits practitioners by increasing their quality of life (more income with less time spent in sessions) and benefits clients with faster resolution.

“EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school.”

Donna Eden, Author, Energy Medicine expert



■ Courses and training

Emotional Freedom Techniques

Initial training is 3 days and includes EFT Level 1 and 2. You will learn how to:

- Reduce stress, physical tension/pain as well as cravings
- Get to the root cause of negativity, negative emotions and situations
- Clear negative events, past hurts, fears and limitations
- Shift limiting beliefs to move towards what you want
- Work with adults and children
- Get onto the Practitioner track

Matrix Re-imprinting

The training is 4 days and you will learn how to:

- Get to the root cause of powerlessness and trauma
- Clear shock as a result of trauma
- Combine the law of attraction with EFT
- Re-imprint past limitations to create a compelling future
- Root out limiting beliefs creating empowering beliefs





Neuro-linguistic programming with Hypnotherapy and Breakthrough coaching with Timeline technology

During the 7 days you will not only transform your life you will also learn skills to enable others to make breakthroughs. On successful completion you can coach yourself and personal as well as corporate clients to:

- Create more fulfilling relationships
- Achieve life and business goals
- Communicate with anyone anywhere
- Improve health, wellness and confidence
- Eliminate fears, phobias and limitations
- Lead and empower yourself and others
- Increase confidence to move towards the career you desire

The Journey Seminars

During the initial 3 day Journey Intensive & Advanced skills seminar you will learn the:

- Emotional Journey Process – awakening to your true essence and boundless potential, resolving and letting go of unhealthy emotional issues.
- Physical Journey Process – discovering old cell memories, resolving and clearing them completely, allowing the body to heal.
- Advanced skills – developed personally by Brandon to enable lasting forgiveness, cut the ties from past patterns, clear limiting programs and deepen a connection with source.

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Disclaimer: This book is for educational purposes and does not replace medical advice in any way. Please seek medical advice and diagnosis for any concerns or questions you may have about your health.

■ About the author



Rangana Rupavi Choudhuri (PhD) is the Founder & CEO of Vitality Living College and delivers trainings and seminars around the world. She is passionate about motivating people – about boosting their confidence and helping them to achieve their true potential.

Rangana Rupavi's clear and proven coaching style has encouraged audiences around the world to move out of their comfort zones –

inspiring them to meet and exceed their personal and professional goals, over and over again.

For information about our internationally approved training courses, please go to

www.vitalitylivingcollege.info



www.iapc-home.com

■ About Vitality Living College

We offer training in therapeutic and coaching skills like, emotional freedom techniques (EFT), neuro-linguistic programming (NLP), hypnosis, life coaching and executive coaching.

Our trainings are globally accredited providing professional certification, mentoring and business building set-up skills for well-ness and coaching professionals.

Book onto our courses to learn the skills to use on yourself or to become professionally qualified as a practitioner, coach or trainer.

www.vitalitylivingcollege.info



Heal your emotions to heal your life

Learn how healing your emotions can heal your life



In this special booklet, Rangana Rupavi Choudhuri (PhD) introduces the exact skills she used to heal herself from abnormal cells, a chronic hormonal condition and debilitating pain. You will learn about different emotional healing modalities like EFT, the Journey & Matrix Reimprinting and how they can create health, vitality and confidence.

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THE
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