

# **JOY & Endorphins – Martine Moorby & Ranjana Appoo –**

## **A tiny little Sneak Peek of what to expect**

This Practical and Insightful workshop is for you and your client to be able to manage the production of Endorphins (the feel good hormones) and experience a space of Joy

### **Endorphin Effect Strategies and EFT – Martine Moorby**

Endorphins are the natural feel good hormones that every cell of our body is capable of producing. Their function is to relax tissue, eliminate pain, create feelings of pleasure and facilitate healing.

It is possible to produce endorphins deliberately. Attitude and focus are as important as the activity that you choose to undertake to release endorphins. When we educate ourselves and our clients to become more aware of our bodies and its sensations, when we and they understand how our attitudes support or undermine our relationship with our body, we can make healthier choices that increase our resilience and allow us to flourish in times of stress.

One way we trigger our chemistry is through the thoughts we have. You can easily check this for yourself. -Imagine holding a lemon, feel its waxy, smooth, cool shape in your hand. Contemplate its bright yellow colour. Imagine cutting through it. See the cool juice squirting as the knife cuts through. Now imagine biting into the lemon. Take a generous open-mouthed bite into the half you have just cut... and tune into your body. You may be surprised by your chemical response.

In the same way, now recall a pleasurable memory. Tune into your body and give yourself permission to enjoy any pleasurable sensations that may have arisen.

Many people do not stop long enough to enjoy the endorphins they are producing in that moment. If anything, many of my clients find it harder to feel and allow pleasure to land and linger in their body, than to experience the immediate discomfort of the taste of tart lemon in their mouths.

This is where EFT is a wonderfully helpful tool, helping remove the blocks to allowing pleasure to land. These blocks are often what Gary Craig refers to as “the Writing on our Walls”, or the beliefs that have arisen from our history and the stories we tell ourselves. By changing our thoughts, we can change our experiences, and allow deep healing and transformation to take place.

Combining the Endorphin Effect Strategies with EFT allows you to take powerful, empowering transformative steps on your journey to wholeness.

### **Martine and Endorphins,**

Martine will share Powerful Techniques for Returning to the Chemistry of Joy. Not only is she a well established EFT practitioner she has also trained extensively and qualified with Dr William Bloom who first developed the core energy management techniques he then called The Endorphin Effect. She will teach a few of these strategies in a practical and experiential way. She will share how The Endorphin Effect allows for effective and accessible mind-body healthcare. In a series of strategies including, Positive Triggers, Inner Smile or kind attention, Relaxation and Connection with the skills of Mental pause, Noticing physical sensations, Absorbing good feelings and more Martine demonstrates these with EFT to accelerate the transformation of our emotional states. You will learn about endorphins, the science behind it and how to resolve the stuckness that stops the production of endorphins.

## **Healing the Mind and Liberating the Heart , Experiencing Joy – Ranjana Appoo**

There is a dynamic relationship between the Mind and Heart, which is not just biological...

The mind stores the fragments, perceived memories, judgements, the unfulfilled desires, the story, while the heart seems to be the place from which springs wisdom, truth, wholeness, integration and inspiration. The mind is waiting for you to investigate it. The Art of doing this from the Heart with Unconditional Listening, Meditative Inquiry and Touch makes the process magical.

One example of Unconditional Listening can be demonstrated from when I taught art students. One of the first exercises I took them through was about learning to breathe and see. I asked them to inhale and exhale, close their eyes, let all their learning drop away and when they opened their eyes to see the world afresh, anew, to feel, to touch, to sense without labels...sensations, colours, shapes...To see through the eyes of the heart, to reach into the soul and feel the breath between the spaces of life and to open themselves to making mistakes, redemption, vulnerability, conflict, war, peace, fear and love. To first see the world through the many emotional filters and then through the eyes of a new born baby... A blade of grass, the pavement, lines on a pavement, my finger. What feels true? Real? I would ask them can you be true to yourself, your creativity when you feel pressured by money, status, recognition? Nowadays when I share the exercises of Unconditional Listening with my trainees, I ask them to tap on each other in silence listening with their eyes, smell, taste, touch, all the senses, always noticing their own response. The results are often inspiring.

Working this way helps us Understand that Vibration and Resonance - *Rivers of Energy (Light) flow through everything.*

In all ancient traditions there is a common theme, a unifying philosophy, Heal the Mind, the Heart opens, Heal the mind, Free the Heart, Release Joy

We now understand that by using our imagination we are communicating to the subconscious mind. With inquiry we question its behaviour, its reactions and through understanding can create a space in which it can change outmoded (no longer appropriate) behaviour. However with Tapping or touching the energy channels that store this information, the past...fixed habitual patterns, we create the possibility of new channels of behaviour which is in harmony with our lives NOW.

### **Ranjana and Joy,**

Ranjana will share the profound Joy that comes from healing the mind and liberating the heart. As well as being an experienced EFT practitioner Ranjana is also an Artist and Jin Shin Jyutsu Practitioner. She has combined the Ancient Wisdom of [Jin Shin Jyutsu](#) - physio-philosophy with a unique method of EFT Inquiry for Healing, Relaxation & Joy. Ranjana will focus on demonstrating insights gained by studying the Energetic Body, Questioning thoughts that hurt and harmonising the Energy Pathways. She will demonstrate her method of inquiry, Unconditional Listening and silent tapping / touch. Ranjana will share insights from her discovery of the Emotional Alchemy for Self Realisation using EFT, Awakened Awareness, Intuition, Words, Body Work, Movement and Detachment. We will learn ways to unravel the stories that keep us from feeling Joy and experience meeting them with Love.

**Martine's Website:** <http://www.martinemoorby.com/>

**Ranjana's Website:** <http://www.emotionalhealthcentre.com>