

Cellular Healing  
& Self  
Realisation



# Creating inner peace, harmony and balance

*Freedom from attachments that bind*

**Rangana Rupavi Choudhuri (PhD)**



Vitality **LIVING**  
— College —



Everyone is seeking Inner peace, balance and harmony. To feel calm within and have peace of mind. What can prevent peace and harmony are negative attachments, expectations, fears and conflicts, as well as holding onto old situations, habits and behavioural patterns. When there is a connection with the highest self (Source, Infinite wisdom, Grace), or the real self, then these past negative attachments can be freed and let go of, thereby allowing for peace, harmony and balance. In this book you will learn how to:

- Understand negative attachments
- Connect with the Highest self
- Identify attachments that need to be freed
- Use a powerful visualisation to come to peace

## ■ Negative attachments, expectation and conflicts

Negative attachments include any person or situation that triggers a feeling of being upset, angry, fearful, sad, hurt, guilty, disappointed or shut down, for example:

- Being scolded by a loved one
- Conflict with colleagues
- Frustration at work
- Illness or health challenge
- Arguments and fighting
- Heart-break and separation
- Things not going your way!

Once these negative attachments are cleared from the system it can bring about peace and harmony.

In some cases attachments can become negative when they have finished or are longer needed, for example

- Past relationship
- Friendship that is over
- Job that has finished

These attachments are either formal or informal contracts like marriage vows, business contracts, friendship rituals, promises and declaration of loyalty. When the contract is over it must be deliberately cleared at a conscious and sub-conscious level.

Often vows are made in relationships that can take on a life of their own if they are now cleared. A popular marriage vow is "To love and to cherish till death do us part". What happens when the relationship is over either in separation or divorce? What happens when there is

someone new in life, do you still love and cherish the ex-partner till death? The answer is that these vows need to be cleared for you to be free and allow for new relationships and experiences. This is the same case with old friendships and jobs as well.

In all relationships it is natural to build attachment. However, when the relationship or contract is over it is critical to cut the ties of attachment in order to let go, move on, and prepare for new relationships and experiences.

Similarly, conflicts can arise where there are un-healthy attachments, expectations, as well as lack of self-confidence. Conflicts are part of daily life and what is important, is how they are handled. People come into our lives for a reason, a season or a life-time. What I have found is each person comes in for a reason – a reason to grow, develop or learn. For example, my mother came into my life to teach me unconditional love, compassion and forgiveness.

Another form of negative attachments are old situations, habits or behavioural patterns, for example

- Over-eating, drinking or smoking
- Being hooked by negative emotions
- Pressure cooker anger!
- Feeling alone or depressed
- Unhappy at work
- Fighting at home
- Family problems
- Fear and uncertainty of the future
- Property and money challenges
- Sex addiction or aversion

The first attachments we form are with our parents and any brothers or sisters. While these attachments are very important there comes a



time when these ties need to be cut so that the relationship can deepen and grow, as well as evolve to be even more healthy. While I had an excellent relationship with my mother and father I still cut my negative attachments with them and noticed it allowed for more understanding, compassion and harmony.

## ■ Freedom from the attachments that bind

Begin by bringing into your awareness what issue or problem needs to be resolved. Then make a prayer or intention to be free from the old problem or challenge. You are now ready to begin the 3 steps outlined below. The first 2 steps enable relaxations and connection with the Higher Self and the second step identifies whatever attachment needs to be freed. The final step, which is the detachment and freedom process, occurs after completing Step 1 and Step 2.

## **STEP 1 – Relaxation & connection with Higher Self**

1. Sit in a relaxed comfortable position and relax the whole body. Imagine a liquid light entering from the toes, feet, soles of feet, arches, legs, calves, shin, thighs, hips, pelvis, internal organs, chest, skin, neck, face, hair, arms, spine, back and down the back and back of legs to the toes covering and relaxing the whole body. Notice with every breathe how the body becomes more and more relaxed, allowing every thought, sensation, sound or image to cause you to go even deeper. Deep into your very essence, your very Source (or Higher Self).
2. Imagine a bright white light going down the crown, down the spinal column and into the ground, sending back up a violet flame. Repeat 3 times while silently saying the words 'transmuting', 'transforming', 'protecting', sending the violet flame back up through and around the body.
3. Now imagine roots growing from your feet deep down into the ground and being grounded in this dimension and imagine your head in the stars, the galaxies, the heavens being connected to Source while being grounded in the earth. Notice how you are connected between heaven and earth.
4. Now, breathe in one by one a feeling of love, compassion, forgiveness, support, happiness, surrender, humility, infinite intelligence and openness. Notice all these qualities flowing freely in you and outside of you. Breathe into your heart feeling all these qualities in your heart. Place your hands on your heart and keep them there during this step. Notice the feeling to be the same inside and outside. Now you can release the hand from the heart. Allow all these qualities to radiate out of your heart into the room that you are in. Then radiate out to the house that you live in, out to the people that you love, out to the city that you live in, out to the country that you live in. Radiating further and further out.

Becoming more and more expansive. Radiating out over the whole earth, the stars and the galaxies. Then radiating back into your heart. Notice the feeling to be the same inside and outside.

## **STEP 2 – Identify the challenge, problem, conflict, false expectation, pattern, situation or person that is ready for detachment**

1. Imagine an infinity symbol with a blue colour on the outside and a white light on the inside. Visualise the bright white light on the inside flowing like a stream of bright white light going anti-clockwise



around the loop marked self and clockwise around the loop marked other. Anti-clockwise round self and clockwise round other. Keep visualising the white stream of light going anti-clockwise around the self loop and clockwise around the other loop.

2. Visualise placing yourself in the loop marked self and notice the bright white light streaming anti-clockwise around you and then clockwise around the other empty loop. Notice there is enough space between you and the sides of the loop so that you feel comfortable. You might even like to notice the loop becoming a column of light going up to the stars, the heavens and the galaxies.
3. Now go within and get a sense or knowing what needs to be detached today. For example, what negative situation, person,

pattern, past relationship or behaviour needs to be accepted and freed. Ask the Higher Self what attachment needs to be let go of today. It might be a person, situation or thing, or even a sense, sound, image, feeling, colour, or symbol that represents the issue. It can be a parent, brother, sister, guardian, grand-parent, past-relationship, job dilemma, daughter, son, family member, work colleagues, health issue or even a negative emotion or belief. Place whatever needs to be freed in the other loop. Go with whatever feels right for you. This is an intuitive process.

4. Notice the bright white light going anti-clockwise around the loop that you are in and clockwise around whatever has been placed in the other loop. Just keep visualising the light going clock and anti-clockwise. Clockwise and anti-clock wise. Eventually it will start to feel like the 2 halves of the infinity symbols are going in opposite directions.
5. Continue to visualise the infinity symbol daily with yourself and the other in the respective loops and the light flowing clockwise around you in the self loop and the other in the other loop. Visualise daily, 2 minutes in the morning and 2 minutes in the evening, and additionally as often as you remember to. The reason we visualise for 2 weeks is to prepare the sub-conscious to let go of the negative attachment.

Over the 2 weeks you may notice changes, increased emotions or amplified situations that represent what-ever is being detached. This is all part of the process. Freedom is being initiated at every level – emotional, mental, physical, DNA, conscious and sub-conscious. Just be open to whatever transpires.

If additional support is required during the 2 weeks I recommend using Emotional Freedom Techniques (EFT) to clear any emotional blockages or issues arising. EFT is a process of self love and acceptance – the ultimate in spiritual development. When there is



self-love and acceptance, what remains is peace, surrender and gratitude. Self-love and acceptance creates a space to access the ultimate truth of who we really are and become an instrument in divine service.

### **STEP 3 – Gaining freedom from the attachment (after 2 weeks)**

After 2 weeks book out one hour for yourself to free yourself from the attachment with the person, symbol, situation or thing. The steps to freedom are as follows:

#### **Relaxation process and connection with Higher Self**

1. Sit in a relaxed comfortable position and relax the whole body. Imagine a liquid light entering from the toes, feet, soles of feet, arches, legs, calves, shin, thighs, hips, pelvis, internal organs, chest, skin, neck, face, hair, arms, spine, back and down the back and back of legs to the toes covering and relaxing the whole body. Notice with every breathe how the body becomes more and more relaxed, allowing every thought, sensation, sound or image to cause you to go even deeper. Deep into your very essence, your very Source (or Higher Self).
2. Imagine a bright white light going down the crown, down the spinal column and into the ground, sending back up a violet flame. Repeat 3 times while silently saying the words 'transmuting', 'transforming', 'protecting', sending the violet flame back up through and around the body.
3. Now imagine roots growing from your feet deep down into the ground and being grounded in this dimension and imagine your head in the stars, the galaxies, the heavens being connected to Source while being grounded in the earth. Notice how you are connected between heaven and earth.

4. Now, breathe in one by one a feeling of love, compassion, forgiveness, support, happiness, surrender, humility, infinite intelligence and openness. Notice all these qualities flowing freely in you and outside of you. Breathe into your heart feeling all these qualities in your heart. Place your hands on your heart and keep them there during this step. Notice the feeling to be the same inside and outside. Now you can release the hand from the heart. Allow all these qualities to radiate out of your heart into the room that you are in. Then radiate out to the house that you live in, out to the people that you love, out to the city that you live in, out to the country that you live in. Radiating further and further out. Becoming more and more expansive. Radiating out over the whole earth, the stars and the galaxies. Then radiating back into your heart. Notice the feeling to be the same inside and outside.

### **Become aware of what is being detached today**

5. Imagine an infinity symbol with a blue colour on the outside and a white light on the inside. Visualise the bright white light on the inside flowing like a stream of bright white light going anti-clockwise around the loop marked self and clockwise around the loop marked other. Anti-clockwise round self and clockwise round other. Keep visualising the white stream of light going anti-clockwise around the self loop and clockwise around the other loop.
6. Notice the bright white light going anti-clockwise around the loop that you are in and clockwise around whatever has been placed in the other loop. Just keep visualising the light going clockwise and anti-clockwise. Clockwise and anti-clockwise. Eventually it will start to feel like the 2 halves of the infinity symbols are going in opposite directions.

## **The detachment process**

7. Notice if there are any cords, energy ties or dis-empowering attachments between yourself and the other person or situation. Notice if they are connected from your body to the other. Sometimes they can be at the mind and soul level as well. They can be sensed as cords between the heart, back, stomach, solar plexus or soul contracts. Just get a sense or knowing of where the negativity is attached between you and the other.
8. Welcome a mentor, sage or saint, someone in whose wisdom you trust. Place a heavenly sacred sword in their hands. Look directly at the person, situation or thing and say out-loud – “It is time, it is time to cut this tie forever and set us both free.”
9. Allow the mentor to cut the cord and look directly in the eyes of the person or situation and send love and light back to them and allow love and light to come back to you and claim your power back.
10. Notice are there are any remaining cords hanging out from the body where the cord was cut. Take these out and place them in the middle of the infinity symbol and notice it being purified by the white light. Then allow the mentor to place their hands over that part of the body and notice it healing. Do the same for the other person or situation. Allow any remaining negativity and the infinity symbol to dissolve and merge with the light.

## **The cleansing process**

11. Now imagine the you that was placed in the self loop removing all their clothes that represented the old pattern, beliefs or limitations that are connected to the other person or situation. Now visualise a healing lake and place the clothes by the side of the lake. Step into the healing lake and allow the healing waters to cleanse every single part of you – inside and outside. Scrub the

body clearing all beliefs, limitations and patterns. Notice the healing waters cleansing.

12. Step out of the lake and put on a neutral, warm robe. Feel how warm and comforted you feel now that you are free from that old pattern or attachment.

### **Reclaiming wholeness**

13. Then turn your attention to a tree. Your favourite tree – perhaps the tree of life. Notice there are special ribbons on the tree that represent love, strength, courage, compassion, communication, forgiveness, humility, confidence, self love, understanding and acceptance. If a colour arises naturally, give the ribbon a colour. Imagine yourself touching the ribbon and breathing in the positive qualities of the ribbon one by one.
14. Then sit with your back against the tree and notice roots growing into the ground from your feet. Allow the the divine feminine or mother earth to make a connection with you through the contact with the ground or roots. Feeling grounded, allow the divine mother to send you maternal qualities through the roots. For example love, compassion, nurture, support, playfulness, dance, music.
15. Now turn your attention to the skies, the heavens, the heavenly father, the solar energy and the divine masculine. Breathe in the masculine qualities from the skies. For example strength, courage, assertiveness, protection, safety, wealth and abundance.
16. Allow all the masculine and feminine qualities to merge inside becoming whole and integrated

### **Forgiveness & completion**

17. Turn to the person or situation, and communicate all the learnings from all that happened. Explain all that was learnt and

forgive yourself, forgive the person or situation and as you breathe in know that all the learning's will be stored in a safe place in your heart and you can have access to them any time you would like.

18. For completion say out loud

- I forgive anyone who hurt me related to this
- I apologise to anyone I hurt related to this
- I forgive anyone I blamed for this, including God (or whatever name you choose) and myself
- I forgive anyone who blamed me for this, including God (or whatever name you choose) and myself

19. Know the process is now complete and completely integrated. You may open your eyes when you are ready. Open your eyes now.

20. Continue to visualise the infinity symbol with yourself in one loop and the other loop empty. Sometimes the other loop disappears. Visualise yourself in a golden column of light. Continue visualising yourself in a column of light for a further 3 days.

21. Within 3 days of completing the process write a letter to the person, situation or symbol letting them know of all the positive qualities from the situation or relationship. Tear up or burn the letter after it is written knowing that the old attachment is now free and you can start to live your life being free and feeling whole.

Email [help@vitalitylivingcollege.info](mailto:help@vitalitylivingcollege.info) to get an audio version of the visualisation.

*This process was channeled in guided meditation and inspired by the work of Tapas Fleming, Phyllis Krystal, Brandon Bays and Ranjana Appoo. All gratitude and surrender to the guidance and inspiration. In service to Humanity.*

## ■ 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](http://www.vitalitylivingcollege.info)



[www.iapc-home.com](http://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](http://www.vitalitylivingcollege.info)

## ■ Training courses

We offer internationally certified training programs in the area of Health & Vitality, Peak Performance & Success and Spiritual Growth & Self Realisation with NLP, EFT, Hypnosis, Breakthrough Coaching, Timeline Technology & Journey Work. Our current training programs are as follows:

### **Foundation course for well-being and relaxation (EFT Level 1)**

Learn ways to resolve physical pain, stress, negative memories, negative emotions as well as addictive cravings.

### **EFT course for happiness, health and confidence with Practitioner track (EFT Level 2)**

Learn skills to clear past negativity, fears/phobias, limitations and upsetting situations to feel healthy, happy and confident.

### **Advanced EFT course for abundance and wholeness with Practitioner track (EFT Level 3)**

Learn how to elegantly and rapidly pin-point the root issue and resolve. Techniques includes working with pain, illness, addictions, inner child healing, uncovering self sabotage and resolving inner conflicts to create abundance and wholeness.

### **Matrix Re-imprinting with Practitioner track**

Combine EFT with inner child healing, quantum physics and law of attraction to create real and rapid breakthroughs. Uncover and start living your life's purpose.

### **NLP Practitioner with Breakthrough coaching, Timeline Technology & Hypnotherapy**

Master skills to manifest the life you want, how to create real and rapid breakthroughs for yourself and others and become internationally to work professionally as a client and command high fee paying clients.

To find out more go to [www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)

# Creating inner peace, harmony and balance

## Freedom from attachments that bind



In this special booklet, Rangana Rupavi Choudhuri (PhD) of Vitality Living College, shares a deep healing process to clear negative attachments, conflicts and past allowing freedom and wholeness.

[help@vitalitylivingcollege.com](mailto:help@vitalitylivingcollege.com)

UK +447572419703

India +919920454749

[www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)

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