

Cellular Healing
& Self
Realisation

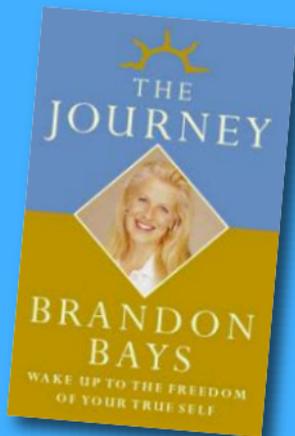


Journey to healing

*Personal stories of change
and transformation
with The Journey*

Bonus Material – Introduction, Foreword
and First Chapter of the international
bestseller, The Journey, by Brandon Bays

**Compiled by Rangana
Rupavi Choudhuri (PhD)**



 **Vitality LIVING**
— College —

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First edition: April 2012

Published by: Aparajita Publishing, Sai Spandan, (West Gate) Kammavaripalli, ,
Andhra Pradesh, 515134 India

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Printed and bound in India

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■ Chapter 1: Introduction to The Journey by Brandon Bays

The Journey™ is about Freedom

All of us sense that deep inside lies huge potential. We long to experience it, yet something holds us back. We long to set ourselves free, but we don't know how. With The Journey, you finally learn how.

When Brandon Bays was diagnosed with a basketball-sized tumor in her uterus, she was catapulted into an extraordinary, soul-searching journey. Determined to heal naturally, she took no drugs, underwent no surgery; but six-and-a-half weeks later she was declared tumor-free. Going beyond current mind-body wisdom, she discovered a powerful means to get direct access to the soul – the unconditional love, the boundless peace, the living presence within us – and pioneered a revolutionary paradigm for healing. Tens of thousands worldwide have since used THE JOURNEY™ to awaken to their own infinite potential and free themselves from lifelong emotional blocks and physical illnesses.

In this booklet you will find an Introduction to the Journey, the Foreword and First chapter of the Journey book as well as personal stories of healing and transformation, from those who have directly experienced the Journey.

With practical, easy-to-use techniques, The Journey will enable you to:

- Dive into your own soul and tap into your own inner genius
- Uncover and completely resolve emotional and physical blocks
- Uncover repressed emotions and cell memories that can lead to illness, and clear them

- Heal your being, your emotions, and your body
- Experience the boundless joy, peace, and love within
- Live life as an expression of your highest potential
- Become truly and ultimately free

"An amazing Journey, a gift to us all." – Jane Seymour, O.B.E., actress, artist, and writer

"Brandon's book is inspiring, exciting and a look deep into the heart about how to live abundantly in a world that often gives too little and takes too much, including the health that sustains us. Her work is a gift to us all." – Timothy J. Forbess, President, The National Foundation for Alternative Medicine, Washington, D.C.

"Brandon's Journey is a celebration of the new awareness of healing and personal development that is sweeping the planet. It is an inspiration for anyone wishing to liberate themselves and to help them on their path." – Chris James, award-winning composer, founder of the School for Healing Sound

"The Journey Process developed by Brandon Bays is a deceptively simple technique that facilitates emotional and physical self- healing in the shortest possible time. It can be learned and applied by anyone almost immediately, yet is able to catalyze profound healing results even after other modalities have been tried and failed. I would recommend The Journey Process wholeheartedly to anyone." – Ian Watson, co-founder of The Lakeland College for Homeopathy, Cumbria, England, and author of *A Guide to the Methodologies of Homeopathy*

"The Journey offers a remarkable and innovative approach to accessing important inner resources that can powerfully support the healing of body and mind." – Walter Jaros, M.D., M.P.H., Chief Medical Officer, Natural HealthLink, and Director of Professional Training, Green Medicine Company

Introduction

The Journey is about freedom – freedom to live your life as you’ve always dreamed it could be.

Deep inside all of us a huge potential beckons, waiting to open us to the joy, genius, freedom, and love within. This presence is calling you home *right now*, longing to set you free. Yet all of us have issues we have felt trapped or limited by. We hear the whispering of our own soul calling to us, but feel unable to access that greatness. Instead, we feel covered or blocked in some way, limited by our issues – anger, fear, depression, grief, hurt, anxiety. It may be as simple as feeling there must be something more to life, or as complex as feeling a complete failure. It may be as debilitating as an addiction or as life-threatening as a serious illness.

No matter how deep the issue is and no matter how much you have struggled with it, *the possibility exists for you to become absolutely free, whole, and healed*. You are capable of getting to the *root cause* of these issues, resolving them, letting them go completely, and setting yourself free to live your life at your highest potential, as a full expression of your *true* self.

Through the humbling and profoundly transformative experience of naturally healing from a tumor in only six-and-a-half weeks, I uncovered a boundless joy and freedom that have been my daily experience ever since. This is the most priceless gift of my life. Since that remarkable journey ten years ago, it’s been extraordinarily moving and inspiring to watch Journeywork catch fire in every country in which it is offered. Across the globe, tens of thousands of people from all walks of life use Journeywork to discover true freedom in their lives. They’re discovering their own answers and uncovering their own deepest truth. They are cleaning out past emotional blocks and physical challenges that have held them back. And they are finally healing on all levels of their being. *Ordinary*

people are getting extraordinary results. It seems that no matter what your background is, how old you are, what your culture or upbringing has been, everyone knows there is a huge untapped presence inside, and we all secretly long to experience it. This presence is awake while you're asleep at night, making your heart beat, cells replicate, and hair grow. Part of the extraordinary gift of my own healing journey was to discover and pioneer a simple, yet powerful, step-by-step means to get direct access to this infinite wisdom – a wisdom that can reveal to you old emotional patterns and memories stored in your cells, and a healing energy that is capable of resolving and clearing those old issues completely so that the body and the being can go about the process of healing naturally.

Today I travel all over the world with Journeywork, giving workshops and advanced programs. I'm always delighted that it attracts people from all the helping professions, both traditional and alternative. I give talks and seminars at hospitals, hospices, abuse centers, homeopathic colleges, healing centers, spiritual organizations, and to cancer support and addiction rehabilitation groups. Everywhere I go, people successfully incorporate Journeywork into their professional programs with ease and grace. I believe we all recognize that there are some issues that simply require more in-depth, roll-up-your-sleeves healing work. We know it's important to address an issue at the deepest level to finally clear it out and resolve it completely. Together we understand that Journeywork is a way of bringing about profound healing, wholeness, and a deep sense of well-being – no matter what our backgrounds are. One of the programs I give is a worldwide therapists' accreditation, which has attracted medical doctors, alternative therapists, counselors of all types, psychiatrists, priests, nuns, ministers, social workers – people from all walks of life.

In South Africa, there are doctors taking this healing and forgiveness-based work into communities where they can't afford medical treatments, and we are helping train their staff. Police trauma units

are using this work with victims of violent crime. I've trained abuse counselors in Soweto to use the work in their community. In the United Kingdom, Europe, and Australia priests are taking the work back to their flock. A schoolteacher is getting extraordinary results with her youngsters, helping develop the most balanced, confident, high-achieving class in the school. In Australia, where this book is a number-one bestseller, medical doctors and complementary healing therapists keep the book in their waiting rooms for their patients' reference, recognizing that some illnesses require more than just a pill.

Addiction rehabilitation groups are using the work to clear out the intense self-loathing connected with drug abuse, and nurses in cancer treatment facilities are using it alongside the chemotherapy treatments. A swami has taken the work back to his ashram to help people deepen in their experience of the Infinite, and nuns are using it to experience the deep peace within. A rabbi is helping the people in his temple free themselves from long-standing emotional issues, and some therapists who help people on their deathbeds are using Journeywork to open their patients into the infinite peace inside to ease their passing. Journeywork is clearly cross-cultural and appeals to people from all religions, creeds, and walks of life.

What moves me most are the hundreds of phone calls, letters, and e-mails we get from people who haven't had a chance to take the workshops – people who are courageously using the processes explained in this book to undergo their own healing journeys. We hear from people who have successfully and completely cleared long-standing debilitating emotional issues like chronic depression, overwhelming grief, intense low self-esteem, jealousy, abuse, and betrayal. We are always inspired when people share how they've become free from physical challenges including heart disease, breast cancer, chronic fatigue, debilitating arthritis, Crohn's disease, skin diseases – the list goes on. Every day in our office we receive

messages of healing from all over the globe. And the message is always the same – *“I was able to tap into my own infinite intelligence, uncover my own blocks, free them, and set myself free – just by using the processes in this book.”*

It has been the greatest gift of my life that Grace revealed the means to let go of the past and discover the beauty, love, and peace that is inside all of us. And it’s my deepest prayer that *everyone*, not just some of us, awakens to this extraordinary presence of greatness inside, and begins living their life as a full expression of that love, that potential.

This book is written as an expression of the deep gratitude that I feel for the powerful healing process I underwent, with the prayer that it will be a *living tool* that will inspire you to embark on your own journey.

May you discover the boundless joy at the core of your being.

This is your invitation to freedom, your road map to the soul. Are you ready to soar?

“Come to the edge,” he said. “We can’t, Master, we’re scared.” “Come to the edge,” he said. “We can’t, Master, we’re scared.” “Come to the edge,” he said. They came. He pushed them . . . They flew.

Freedom is our destiny. Yet we fear taking the very step which will carry us into the greatness which is our own true nature.

Foreword

I once heard a story that each of us comes into this life as a pristine, pure, flawless diamond. And, through the trials of growing up and the course of life's pains, our innate brilliance becomes hidden by a load of rubbish.

Then, when we become adults, we cover the whole mess with a coat of bright, shiny nail varnish. We present this artificial veneer to the world and wonder why no one seems to think it's that extraordinary. Over time, we may even come to believe that this protective shell is who we really are, and we shape our whole personal identity around it.

But, if we are very lucky, life presents us with a gift – a “wake- up call.” Something takes place, when for a moment we crack through the hardened surface, look past the layers of muck, and catch a glimpse of the radiant brilliance shining from deep within.

Then, if we are very, very lucky, we spend the rest of our lives journeying homeward into this exquisite beauty and freedom. We discover that we have always been, and will always be, this pristine, flawless diamond.

This is the story of the journey home, and the soul's incessant call for us to recognize the greatness inside ourselves. **It is your wake-up call, your invitation to finally come home to whom you really are.**

You are that which you are seeking.

I woke up that morning in the summer of 1992 and realized I finally had to face whatever it was that had made my tummy grow so large over the last few months. I just couldn't stay in denial any longer. Some part of me knew there was something seriously wrong inside, and that I was finally going to have to face the doctors and get it checked out.

I didn't want to believe that anything could possibly be "wrong" with me. It seemed I had been doing everything right! I'd been extremely health conscious, proactively conscientious for over twelve years. I ate vibrant, nourishing, vegetarian food, drank only pure, clean, filtered water and rebounded on a mini trampoline every day. I lived in a little cottage on the beach in Malibu, California, and breathed fresh sea air. More important, because of all the personal growth work I'd done over the years, I no longer needed to direct my thoughts along positive lines; that was already happening naturally. I was deeply fulfilled in my marriage, loved my kids, and felt enlivened by and extremely grateful for my work – traveling the world giving seminars, inspiring others to create vibrant health. My life was everything I had ever longed for.

I'd spent a lifetime attending workshops and seminars, learning everything I could about healing the body and the spirit. It seemed my entire life was about living the principles of health and well-being – I definitely "walked my talk." Yet here I was faced with a tummy so large that I looked pregnant, though I knew I wasn't. How could this be when I was doing everything right?

Embarrassed and ashamed, I couldn't admit my fears to even my closest friends. Here I was, "an expert," teaching others how to take charge of their health, yet I couldn't even zip up my loosest-fitting slacks.

For over fifteen years I had been in the natural healing and alternative health field, and now, faced with a serious health issue, I felt lost at the prospect of going to a "regular" medical doctor. Though I knew I urgently needed a proper medical diagnosis, I had no idea of where to start or whom to call.

Not having the guts to call a friend, and with nowhere else to turn, I decided to check out the local book shop. I scanned the shelves and found a book written by a surgeon who specialized in women's health

issues; one who was known for not taking out all your organs as the first option. I figured she might be an intelligent place to start, and when I called the number at the back of the book I was surprised and thrilled to get an appointment in only six weeks' time.

During that time, however, it seemed as if my tummy just "blew up" in size, and, oddly, my period began long before it was due. The night before my appointment, I worked up the courage to tell one of my best girlfriends, Catherine, what was going on, and asked her if she would accompany me on my visit.

When we arrived at the doctor's office, I felt sick at the thought of what might be diagnosed. As Catherine and I sat chatting away, waiting to go in for my examination, I broke out in a cold sweat as fear washed through me in waves. After an hour and a half, the nurse finally came and called us in. The forty-five minute examination was painstakingly thorough and seemed to drag on endlessly. The doctor said virtually nothing as I waited to finally hear what I feared most.

When she finished she quietly turned to me and looked me straight in the eyes. In a kind but unemotional voice she said, "Brandon, you are equivalent to five months pregnant with a tumor the size of a basketball."

It seemed as if everything started reeling inwardly as I tried desperately to somehow grasp what she had said. I made an awkward attempt at being lighthearted, saying, "Oh come on, Doc, aren't we exaggerating a bit here – a basketball – isn't that a bit over the top? A basketball is this big!" (indicating with my hands the size of a basketball), smiling incredulously and immediately feeling foolish.

Not warming to my attempted humor, she became firm and almost cutting, answering, "Would you rather I called it a beach ball? It's this big (indicating a beach ball). And not only that, it's crushing the rest of your organs. Haven't you noticed you've been out of breath lately?"

I nodded and mumbled feebly that I figured it was due to the bloating and weight gain. She said, "It's because this tumor, this 'pelvic mass,' has grown from your pubic area all the way up to your ribcage (touching my body – showing me exactly how much space it occupied) and is pressing against your diaphragm, making it difficult for you to breathe. It's grown so large you need to go into the hospital today to have further tests done so it can be surgically removed."

I felt as if someone had knocked the air out of me. I stupidly made a few more feeble attempts at lightening things up before I found the nerve to ask if I could speak to her in her private office.

As we walked down the hall, Catherine was chattering away, firing questions at the doctor. I presumed she was trying to buy me time to pull myself together and get my wits about me. We sat down together, and I asked the doctor what exactly it all meant and what my options were. It seemed the more she talked, the more dire she made things sound. Surgery was my "only option" – and immediate surgery at that.

My heart started to pound as the pressure began to build inside. I felt like a trapped animal. I finally had to come out with it: "I can't let you do that, Doc – I'm in the mind-body healing field. I've got to be given the chance to walk my talk, to try to heal it my own way . . . How much time can you give me?"

She became even more intense and replied that this was not something to take lightly. "You don't understand, Brandon," she said. "It's not just the size of your tumor. My immediate concern is that I could lose you within a few days because of the amount of blood loss you're experiencing. This is not your period. You are bleeding internally."

I began scrambling, negotiating from any angle I could think of. Everything the doctor was saying I was considering intelligently and

logically, and I didn't want to do anything to risk my life, but I felt a strong pull – somehow I just *had* to buy myself some more time. I had to have the chance to undergo my own healing process, to give it my best shot.

I asked, "What if I could stop the bleeding through medical hypnosis or homeopathics or something? Then how much time could you give me?" She shook her head in what appeared to be pure exasperation, and dropped into a kind but resolutely firm tone that seemed softly patronizing. She said, "Brandon, you seem like a very sincere person, and I even believe in alternative natural medicine when the diagnosis calls for it, but your pelvic mass is just too big to even consider it."

Indicating the shelves and shelves of books lining her walls as if they were conclusive evidence, she continued, "There is *not one* case history in all these books of a woman who has healed naturally from a pelvic mass the size of yours. So even though you may have the best intent in the world, I can't in good conscience let you out of here in the condition you're in. As a doctor I'm in the business of saving lives, and you need to check into the hospital this afternoon."

"What if you *had* to give me time; how much time could you give me?" I pleaded. And so the negotiation continued, until finally, after another thirty minutes, we reached an agreement that if I could somehow get the bleeding to stop over the next couple of days, I would have one month to do what I knew how to do – to give it my best shot. *If* the symptoms worsened, I would call her immediately, and *if* after one month the pelvic mass was not completely gone, I would come back and let the surgeons do what they knew how to do – remove it surgically.

As I left her office, I looked back into her concerned eyes, and at that moment I saw that she really cared. Yet I could also see that there was no doubt in her mind that I would fail at healing myself. Quietly, with a knowing tone in her voice, she said, "I'll see you in one month's

time," absolutely certain that surgery was my destiny.

My heart still pounding, I stepped out into the Los Angeles sunshine and felt that I had been let out of prison. Though I'd never been very fond of L.A., that afternoon somehow it seemed the most beautiful place on earth. The trees seemed to scintillate with color, the air was intensely fragrant, and I felt incredibly lucky just to be alive. My senses were so aware – so keen, so sharp. Life felt so very, very precious.

At that moment something radical happened. It seemed as if time stopped altogether. In that moment, all fear subsided into a deep calm, and a quiet but certain "knowing" arose from within – a knowing that I had been given a big wake-up call and that, in fact, this tumor was a gift – that it had something important to teach me, and that somehow I would be guided to heal myself.

It wasn't even a question of if I would heal, but *how*.

Though I didn't know what my healing journey would be, somehow I realized that the same part of me that had been responsible for creating the tumor would also be responsible for un-creating it. And in this recognition I felt a childlike innocence and trust that somehow I would be guided to discover what it was this pelvic mass had to teach me.

And so my healing journey began.

The Journey book is published by Harper Collins can be purchased worldwide in all good book stores and on-line via amazon or flipkart in India.

■ Chapter 2: My personal healing story by Dr Rangana Rupavi Choudhuri

I was devastated and shocked in 2002 when I received the news of being diagnosed with abnormal cells and a chronic hormonal condition, requiring immediate surgery and medication. Although I had a PhD in Cancer Research from Oxford University, UK, I never expected a similar fate to have developed in my body. I still remember the phone call from the hospital. I was driving from home to work in the early morning and I had to pull off from the fast lane into a derelict building site, which backed onto the Florida coastline blocking it from my view.

As the news of the diagnosis sunk in, and while my head was still reeling from it, I also had a gut inner knowing that surgery was not for me and there was another way. I just did not know what the other way was. Or how I would find it.

It was a year later in December 2003, after my father had passed over, when I discovered *The Journey*, a book written by Brandon Bays. As I read the book, I knew what was written in the book was going to be responsible for healing my body, mind and spirit. I started to make the connections between unresolved past events and limiting thoughts that may have led to the abnormal cells and shut down of my reproductive system. As I learned more and more about emotional healing, I began to realize, that according to science, there were three components to infinite health: (see references: Deepak Chopra, Dr Robert Scaer, Bruce Lipton, Candace Pert.)

- Direct access to negative past memories that have become stored inside our cells (cell memories), limiting beliefs and negative consciousness in our energetic fields
- The ability to release stored negative emotions and to empty out past hurts, pain and upsets, opening us up to self forgiveness

- Accessing the higher self, infinite intelligence or Source energy to ignite healing within us.

Through my own personal experience, and having worked with thousands of people worldwide, I now realise that all healing takes place when graced in the presence of Source or the higher self. I also realised Source is there all the time and to be able to access it all I had to do was release my negative emotions, empty out the past hurts and reset them in a more empowering way, and mostly importantly love, accept and forgive myself.

I used the Journey described in Brandon's book to heal the abnormal cells and they literally flowed out of my body and my reproductive system reset to its proper functioning self. The doctors and nurses were astounded and I was now living proof of healing with alternative methods, without the need for drugs or surgery.

At the same time as being diagnosed with abnormal cells, I was also suffering from chronic daily migraines and debilitating pain in my shoulders and back. I was on shock therapy and a cocktail of medications to narcotise the pain. This was when I discovered Emotional Freedom techniques (EFT) and used them to clear the migraines and pain completely.

EFF is a popular alternative therapy modality that combines tapping on acupressure points on the body with saying specific statements out loud. It combines ancient eastern medicine with modern psychology and has been clinically proven to relieve stress, anxiety, tension, pain, fears, trauma, depression and past negativity.

Although EFT is widely available with thousands of testimonials and accolades, most people are not aware of the more advanced forms of EFT, which can allow for instantaneous healing. Matrix Reimprinting with EFT is an example of a powerful advancement of EFT. I used Matrix Reimprinting to clear shock from past traumas, overcome hay



“Dr Rangana Rupavi Choudhuri is the perfect presenter for The Journey – a genuine embodiment of the work, having used the method to heal from abnormal cells without drugs or

surgery. She teaches with such love and humour and her wisdom and depth are an inspiration to all who sit with her. Radiant and compassionate she creates an environment of acceptance and safety where all participants can easily open into their own process work in an effortless way. And her expertise and experience in journey work creates a cradle for our minds to relax and allows us to ‘dive in’ deeply.”

Brandon Bays, Founder and Creator of The Journey

fever allergy, have a better relationship with my family and increase financial wealth.

Matrix Reimprinting combines inner child healing with EFT and quantum physics to re-programme the body and mind in conjunction with the spirit. The process culminates in a deeply healing heart meditation while simultaneously programming the neurological system for health and abundance.

During the following 7 years, I was still working full time in corporate business, running various different marketing teams and business lines globally. But I proceeded to spend every holiday learning new and different alternative healing modalities and coaching systems with the best of the best from around the world, including Brandon

Bays, Tony Robbins, Byron Katie, John Seymour, Richard Bandler, Wilf Proudfoot, Gary Craig, Debbie Ford, Deepak Chopra, David Shepherd, Ranjana Appoo, Aparna Choudhuri, Tad James and Carol Look.

In addition to the Journey and EFT, Tony Robbins and his Mastery and Leadership programmes were also very influential in my healing journey and in equipping me with the practical skills to look after my body, mind and spirit from day to day. Most significant was the introduction to neuro-linguistic programming (NLP), which connected me with my true purpose and passion in life.

While I knew I wanted something more in life, I still continued to work in corporate business, holding onto the security and comfort of employment and my executive lifestyle. I was then involved in an accident in December 2008 that broke my coccyx, sacrum and pelvis and confined me to bed for 9 months. It was a time of gestation, reflection and application of all the healing modalities.

At the end of the 9 months, I emerged pain free and able to walk again, and I literally walked out of my corporate career leaving behind my sports car, business class lifestyle and attachment to material rewards. The healing Journey I had embarked on also stripped away my need for external approval, rewards and status symbols.

As I left my old lifestyle, I surrendered everything, not knowing how I was going to pay the mortgage, my bills and put food on the table. Initially, I was lost and like a buoy; I felt I was bobbing up and down, floating on the ocean. No clear direction. No path and yet at peace. Floating. Drifting. Innocent and not knowing.

Inspired by my inner guidance, I started a free meditation group in London, UK, and people started to come one by one. Organically, I would be asked to facilitate paid sessions and slowly my private practice started to grow. Because I was trained in over 200 healing modalities, I was asked to facilitate training sessions to teach others

about healing the body, mind and spirit from my direct experience.

Eventually, I was guided to found the Vitality Living College and I now travel around the world delivering seminars to people from all backgrounds, races and cultures to enable personal, professional and spiritual development. I train the public and those who want to professionally qualify as practitioners and trainers in NLP, EFT, The Journey, Matrix Reimprinting, Breakthrough Coaching, Timeline Technology and Hypnosis. My mission in life is to empower myself and others to discover unconditional love and to feel empowered to live with passion.

■ Chapter 3: Real life stories of healing and transformation after attending the Journey Seminars in India

Many of the participants who attended the Journey program have stated that their lives have been positively transformed. Some noteworthy stories include overcoming longstanding anxiety, instilling hope in healing from cancer and regaining hearing after 20 years!

This is what they have to say...



I feel happy within and no longer need to take daily anxiety medication

“For me, attending the Journey program was nothing short of a miracle. I was going through the toughest phase of my life. Depression, anxiety, stress, abuse, trauma, lack of confidence, an inferiority complex, a suicidal tendency... I had them all. I had a

very abusive childhood, both physically and emotionally. I used to feel trapped, as if I was locked up inside a box, unable to breathe. This led to my developing high blood pressure at a very young age as a side effect of anxiety and excessive stress. Then I attended the Journey program and it cleared all my doubts and made me free from the bondage of negativity. The Physical Journey process has helped me in clearing many blockages. After attending the Journey program, life has changed a lot for me and is still changing everyday. I no longer take medication daily for my anxiety attacks. I feel a sense of completeness. I am happy from within."

Navolina Patnaik, Bangalore, India



Cancer won't win: combating colon cancer by clearing emotional baggage

Having fought her ongoing battle with colon cancer for four years, Ashi Chandra's hopes of recovery were at their lowest and her spirit at its dimmest. It was then that she discovered the

Journey.

"I completely buy Brandon's proposition that diseases are the net result of piling up negative emotions within us since childhood, that's when the process of shutting down begins."

Journey work has helped Ashi to clear the layers of built up hurt and rejection, and to let go of all the excess emotional baggage that has hampered her from moving ahead. Today, a deeper understanding of what could have caused her disease and the knowledge that real healing lies in her own hands, has given Ashi a renewed confidence in the belief that she can and will win the battle against this condition.

Excerpt from article published in *Mind & Body, Heart and Soul*, June 2012



After 20 years of struggle, I finally got my hearing back with The Journey!

“Over 20 years ago, I had an accident where I fell on my ear. I lost all hearing function in my left ear after it bled profusely. About 3 weeks ago, I attended the Journey Manifest Abundance Seminar. After the retreat, on the flight back to

Delhi, I suddenly realised that I was able to hear my iPod through my left ear. I deliberated and tested it for about three to four weeks, before I contacted my lecturer, Rangana, to let her know the good news and express my gratitude to the Journey and the Founder, Brandon Bays.”

Nita Gupta, Delhi, India



I cleared my knee injury and ran a marathon for the first time in my life

“I started in 2013 by doing the Journey intensive programme with Rangana, right in the first week! Having never heard or read about it until 10 days prior to the first session, I believe it was a miracle that I was led to following the programme.

During my first physical Journey session, a rather debilitating stress injury in my calf muscles and knee cleared up. This allowed me to run my first half marathon within 3 weeks following the session, with practically no practice in the month leading up to it, and with no physical trauma at all, either during, or after, the race. I was able to do this, despite never having run more than 11 km ever before – it was truly a miracle! There were other remarkable things too, e.g. another Journey session helped improve my eyesight significantly.

Dileepan Ragunathan, Business Entrepreneur



Annette saves herself \$5000 and a surgical operation with The Journey, goes back the next time and manifests a car for herself and her husband – both!

“I came to The Journey through reading the book, *The Journey* by Brandon Bays. I had a torn ligament and the surgeon advised me to take four months off work with a \$5000 operation. In that moment, I remembered the book. I went to see a Practitioner, had a designer Journey process and felt the ligament tighten. I went home and slept all afternoon until next morning. Then, I went back to the surgeon and had an MRI. The tendon was not only healed but also there was no calcification, which had been there for 10 years. Soon, I went to the Journey Intensive and the Manifest Abundance Retreat as I wanted a more powerful car. After the Manifest Abundance Retreat, both me and my husband ended up with a car – each! I decided I wanted to be a practitioner, no matter what the expense as this was my calling and my ‘juice’, even though everyone else I knew to be of my age had retired! I had thought that I would never come to India, yet here I am, doing No Ego and Healing with Conscious Communication. I have made not only one but three trips to India. I Love India, the people, the sight, the sounds, activity – so much to learn and absorb.”

Annette Cliffe, Australia



Such a simple short technique transformed me at the deepest level

“When I came for the Journey Intensive, I did not know who Brandon was and I had never heard about the Journey. I came because a friend asked me to and I trust her and I trust life.

Sitting there for 3 days, I was shocked at what had happened to me. I was transformed at the deepest level. I could hardly believe that such a simple, short technique could create such a wonderful miracle in my life.

I had already gone through many workshops and seminars that are powerful, but what I experienced here was inexplicable.

In the Emotional Journey, it became clear to me that I am Love, Joy, and Abundance of Truth. This truth came to me itself, without anyone preaching to me or telling me. I felt as if I had come home, there was nothing to seek, nothing to become. Everything was okay. Anger, jealousy, bitterness – I can just be with them and welcome them by surrounding them with love. I didn't have to fight them, avoid them or even affirm anything because 'I am Love', just as I don't have to affirm that 'I am Kunti'.

I have had excellent results in facilitating processes with both adults and children and, each time, I am assured that this is something beautiful that Source has revealed through Brandon. I feel grateful to both. Thank you."

Kunti Nagwekar, Mumbai, India



Opening to the core of my existence has brought amazing changes!

"The Journey Intensive fell into my lap at a time when I needed guidance on the path to rediscover the truth of my own being. I opened into Grace, knowing that was the source of my true being. From there my emotions were

healed, allowing my life to open up for me effortlessly. It was magical... I was in love with myself.

The Abundance Retreat enabled an opening to the core of my existence. Every breath was magical... Life went into autopilot and

Grace took over, whilst I simply surrendered and allowed everything to happen, with a feeling of deep gratitude to my creator. Amazing changes followed, as I found that trusting people became easy, my health improved and my long-felt depression was replaced by colour, joy and celebration. People still wonder, 'What has happened to Reena?' Yes!! The magic of Grace and Source has surrounded me with a rainbow... Celebrating every breath, opening doors of wisdom, knowledge, happiness, prosperity, health, vastness of Love in relationships and bonding with greater understanding."

Reena Chandhok, Mumbai, India



My low self-worth has been wiped and I now feel happy and confident

"My first encounter with the Journey involved uncovering my abnormally low self-worth, an issue that stemmed from my childhood. As a young girl I was surrounded by negative cultural

and family beliefs that consequently manifested into a very strong and highly disempowering self-belief. As I progressed with the Journey, I discovered my worth, my power, my inner beauty and above all, love for myself. As I transformed bit by bit, my projection onto the people around me changed, and as a result, the perspective of others around me gradually changed too. When I loved and respected myself, others did too, in a preferable way!

The world is now becoming a happy place to be, because I am a happier, more confident person. Thank you Journey."

Meera Kotak, Mumbai, India



My body naturally shed off the excess 20 kilos of fat that no longer served a purpose

“It must have been a deep and powerful prayer that the universe answered in providing me with The Journey. My life has taken a complete 180-degree shift since then.

The Journey helped me hit the core issue behind my holding onto the excess weight and fat in my body. As that fundamental issue cleared in only one session, my body started to naturally shed off the excess fat that no longer served a purpose. My previous cravings ceased. I started eating healthily and only as much as the body needed (rather than eating as a remedy for my emotions). In the past eight months, my body has shed off 20 kilos of excess weight and is continuing to transform beautifully on its own. This is just one of the many transformations that I experienced.

Before the start of journey work, I knew nothing about either Brandon or The Journey, but simply had a deep knowing that my soul needed for me to do this. A year into this work, I understand why I love this work and hope to take it forward.

Love and light, Saumya.”

Saumya Sharma, New Delhi, India



Peeling back the layers allowed me to clear stored mind blocks and disempowering beliefs

“When I did my Journey Intensive with Brandon, I was amazed at the emotional cleansing I went through. I felt so clear and so light that I

wondered what more I could learn out of the Journey. It was only later at the Abundance Retreat that I opened up the mind blocks and disempowering beliefs that I had stored in me and, when I cleared them, it was like peeling the layers of an onion! At the No Ego retreat I actually experienced Death at some level, followed by a new Birth. Brandon, Kern and her Journey team were wonderful, and if there is one retreat I recommend for spiritual or self-development, it is this one. The Healing with Conscious Communication gave me so many tools to refine myself and, after the life transforming week, I can now see myself sharing in freedom and I thank The Journey team for giving me wings to fly!! Thank you."

Preethi Gopalarathnam, Mumbai, India



I have discovered my purpose and am now enjoying an enhanced quality of life!

"My experience with 'The Journey' has allowed me to really be at peace with my own self. Back in 2007, when I did my first Journey Intensive, I enjoyed a feeling of Bliss that I had never

experienced before. Six years down the road, I have managed to form relationships and feel love from a deep place within myself, in a space that is pure and true to me.

Having come from a society where I was conditioned to think that I am never good enough and I should always try harder and harder, the Journey has helped me break down these limiting barriers and truly experience my essence as a pure, loving being who is on this earth to do something. I am here to heal, I am here to love, and to exude this immense pure love. I am truly grateful to this universe that is me. I have made friends who are truly beautiful and supportive, and they have shown me that this world is full of great positivity. I thank

'Journey' for that, it has opened a spiritual gateway for me that has enhanced the quality of my life."

Sanjay Pal Singh, Singapore



The Journey enabled me to make sense of every corner of my life, to truly love myself and to spread this light

"The Journey book dropped into my hands in a book store at a time where I was evaluating my life and could make little sense of it. 'Grace' put everything in line for me and I was at the Journey Intensive with Brandon in Mumbai a week later. It was only on the third day I realized that the Journey process was enabling me to make sense of every corner of my life. After No Ego retreat, I found myself looking in the mirror and saying to myself 'I went my whole life so far not knowing this about myself. Who am I?'

I now truly love myself, which amazes me because loving oneself had previously been a mere concept to me.

I feel blessed to experience these transformations alongside my life partner, as it has made us much more open to each other's patterns, allowing us to laugh it off and serve as a reminder to one another.

I feel grateful to God and The Journey team for this beautiful work that enables one to see oneself and accept oneself completely. It came as a light in my life and I am now able to pass this light into the lives of others around me, who witness my change and are empowered and willing to change their own lives too. I am really grateful!! Thanks to everyone!!"

Saisha, Mumbai, India

I no longer need to struggle or be stone cold inside, as my previously held vows and beliefs have been effortlessly transformed

“I had the most amazing experience during my three days of The Journey in Bangalore.

At first, when I had to process my old vows and beliefs, I did not even know where to start, but the Journey process made it so relaxing that I effortlessly opened into Source by the Grace guiding me, and somehow vows just popped up in my consciousness.

The first was a vow I had made as a child. I had decided that I did not want money because my parents’ wealth had made me feel that I wanted a simple life, and the result was a lifetime of struggle. My second vow was to become cynical and stone cold inside because of a betrayal by a very close family member. During the process, I was able to reconsider these vows, suddenly releasing all the resistance from my body. I felt it drop and experienced Grace around me as a white light engaging me and a golden liquid flowing through me, as if I were bathed in pure Love.

I felt fully transformed and so beautiful within me.”

Pammi Baweja, Mumbai, India



The Journey provided me with the incredible experience of being one with Source

“The Journey Intensive with Brandon was the first time in my life that I experienced what it feels like to be enlightened. It was the first time that I experienced the boundless, infinite presence of source, and what it felt like to be at one with it.”

Bhooma Chutani, Mumbai, India



Since attending The Journey, my life is easy, flowing, peaceful, joyful and healthy!

"I read Brandon's book *The Journey* in February 2012. It resonated deeply with the healing journey that I had undergone when I was diagnosed with stage four cancer in 2010. At the time, I was told I had between 2 months and 2 years to live if I did not go through conventional chemotherapy. I made the decision not to have the treatment, left it to Grace and through complete surrender I was totally cleared in only 6 months. So, when I heard that there was due to be a Journey Intensive in Bangalore, I did everything I could to attend.

Those three days brought out more stuff than I ever believed could be stored within me. The simple processes provided such major emotional developments that I felt I was returning to a much lighter, freer person.

The presence of Grace has stayed on with me ever since. Whenever I am in any doubt, I just have to open up to this Grace and I see that all acceptance, all forgiveness, and all wisdom is there. It is a state of Nirvana that can be called upon at will. At the physical level, I have not had a single day of ill health after that.

The Abundance Retreat and No Ego were out of the world. My life today is just an easy, flowing, peaceful, joyful, and healthy space. With every cell in my body I know that I am called to spread this freedom to others, to support them in finding this joy for themselves. I am now eagerly waiting for the next retreats to complete the therapy."

Girija Chandran, Bangalore, India



The Journey brings me home to my soul and to myself

"I came to The Journey a year ago, and I feel I have started on the path of spiritual growth and have been working towards the next step. The Journey Intensive process is the most holistic method of healing I have ever come across. It has

been a real "Journey" for me. I have been able to use The Journey work with my family and friends; I have been melting and shedding, always smiling; and my relationships have greatly improved greatly. There are new dimensions to my life now and there is an equilibrium between the outside and the inner being.

Whenever I come to a Journey seminar and am with Journey friends, it feels as though I have come home to my soul and to myself. The Journey has given me a tool that enables me to handle anything and everything. The Abundance retreat allowed me to visualize a new future for myself as a healer, and I knew then that my inner being had been transformed.

My husband was able to give up his addiction to food and alcohol and is now very much at peace with himself. I feel as though a door has opened and I am stepping into a more beautiful, brighter, and more fulfilled life, full of LOVE and more love.

Thanking you so much..."

Swati Garg, New Delhi, India

I now know and feel my inner essence and am a connected part of the greater whole

When I attended the first Journey Intensive in Kula Lumpur I did not expect the Journey process to make such tremendous changes in my life. The deeply embedded story that I've held on to all my life just melted away, leaving in its place pure frequencies and love that flow

from deep in my heart. I can truly say that I know and feel my inner essence, and I am now a connected part of the greater whole. Journey Intensive and Healing With Conscious Communication have brought many gifts to my life and I am truly grateful!

Adrienne Low, Singapore



My relationships with my mother and brother have changed as a result of clearing my buried issues

“My Journey started when I was introduced by my sister to attend the Journey Intensive in Singapore in 2008, that was conducted by Brandon. I had not read the book previously, and

when I attended the seminar I was simply amazed by the transformation in myself.

I attended the seminar a second time when it was held in Singapore in 2012 again, at that time making the decision at that time to complete the whole programme. It was after the Abundance and No Ego retreats that I uncovered some of my deeper buried issues.

I made major progress in clearing issues with my mother, so much so that when I returned to Singapore after the No Ego retreat, our dynamics changed. I now have a fabulous relationship with her and I have never enjoyed spending time with her before in the way that I do today. I also made some developments in the relationship with my brother, whom I recalled in many of my processes. After the Abundance retreat, he contacted me and I feel that our relationship is gradually shifting and improving.

Thank you Journey for changing my life and helping me develop such important family relations.”

Jasinter Kaur, Singapore



All the spiritual truths that had resonated in my heart are being practically unfolding in my presence

“My spiritual quest started in high school. I always saw myself as being at the feet of a teacher, learning the mysteries of the universe.

After college I began a regular meditation practice, through which spiritual truths spoke to my heart. I continuously craved to feel and to experience. I struggled, but I prayed and prayed and continued. Generous love and support brought about small breakthroughs, yet I was not satisfied. I found myself still craving “oneness”; that feeling of permanent oneness with the divine. I became a little disillusioned with the system, and did nothing for a while, but kept praying.

The Journey came into my life and I discovered the short-cut method of accessing Source through emotions. I took the course, yet found it difficult to open into Source. Slowly, I attempted to practice regularly on my family and friends, witnessing awesome healing and joyous learning.

My life has changed. I feel that all the spiritual truths that had resonated in my heart are being practically unfolding in my presence. I feel gratitude and am on my knees in thanks for all that I am learning, all the growth and all the magic.

I am so grateful. I know that it is not long until I personally experience the process fully. I am in surrender.”

Soumya Murthy, Bangalore, India



Mana went from an unhappy marriage and a messy divorce to gaining freedom from loneliness to feeling connected to her soul and life's purpose and now as a Practitioner helps others do the same through Journey work

"Hello! My story was just this – an unhappy marriage, a messy divorce and seeing my kids struggle after the divorce. This left me with feelings of anger, guilt and disappointment. I needed help, I did not know what to do with what I was feeling and how to move forward. Then, my mother noticed a lump in my throat – a part of my thyroid had enlarged. I prayed for guidance to help me understand what was going on with me. At that time, a friend of mine gifted me *The Journey* by Brandon Bays. While reading it, I began to understand why my body had developed this lump, how I had become an emotional eater, how I would rather stuff down my emotions with food than feel my emotions, which were just too painful. I learnt about the connection between not feeling my emotions and physical disease. Brandon also talked about how one could experience one's soul in a Journey session. Being a spiritual person, I wanted to experience my soul and so, I did the Journey Intensive program which made me feel lighter. I ended up doing all the 7 programs within the course of a year!

Today, I am an accredited Journey Practitioner. Now I am happier and I know my life's purpose. My fear of loneliness is gone and I feel more connected to my soul."

Mana Chatterjee, Mumbai Goes Green Entrepreneur



My fears have dissolved, my confidence is soaring, and I have a new found depth to my spirituality and now help children and teenagers do the same and overcome learning difficulties

"I love the Journey. It works on the cellular level and gives us a first hand personal experience. After each process I feel a sense of freedom that I cannot describe in words. I have opened up, I have become beautiful, attractive, assertive, present, alert, aware, full of joy, and very peaceful.

My awareness of my own emotions and feelings is very powerful. The acceptance and forgiveness gives me total freedom, allowing me to just be. Over time my confidence and self-esteem have soared. I have a new found depth to my spirituality, and I have become compassionate and generous. Most of my previous fears have dissolved, and I have developed an ability to trust the universe totally and completely.

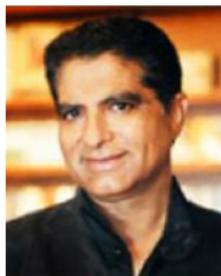
I also help children and teenagers overcome challenges in reading and writing and combine The Journey with the Davis® Correction Method. In one case there was a boy who came to see me for his examination phobia. He was better able to focus and get over his phobia and leave with positive resources like confidence, clarity of communication and relaxation that allows them to remember and continue writing in exams.

I love 'The Journey' and Brandon and Kevin and all the trainers, supporters and volunteers. I pray for love, joy and peace for one and all."

Kalpita Patel, Rajkot, India

More real life stories of personal change, healing and transformation can be watched and read on <http://vitalitylivingcollege.info/journey-seminars/transformations-with-the-journey/>

■ Chapter 4: Endorsements for The Journey



Best-Selling author and mind-body-spirit expert Dr Deepak Chopra

“Brandon Bays takes her reader on a journey of astounding inspiration.” – Dr Deepak Chopra, best-selling author of *Seven Spiritual Laws of Success*



Entrepreneur and best-selling author Anthony Robbins

“Brandon Bays is a remarkable soul, and her story of healing and reconciliation is a testament to the capabilities of human beings. Read this book and be inspired to take your own journey of healing!” – Anthony Robbins, entrepreneur, author, peak performance strategist and author of *Awaken the Giant Within*



John Gray, author and relationship expert

“Brandon’s inspiring story is proof of the healing power that exists within every individual.” – John Gray, author of *Men Are from Mars, Women Are from Venus*

Candace Pert, internationally-recognised pharmacologist and author

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

– Candace Pert, author of *Molecules of Emotion*

Lynne McTaggart, author and pioneer in the alternate health field

“Brandon Bays, one of the most inspirational pioneers in the field of mind body healing and consciousness. She offers an extraordinarily effective roadmap for succeeding at your divine purpose and opening yourself to abundance and joy, even at the worst of times.” – Lynne McTaggart, author of *The Field* and *The Intention Experiment*

Gangaji, author and spiritual leader

“In reading Brandon’s book and directly experiencing what she offers, you will find your own life more fully and joyfully lived.”

– Gangaji, author of *The Diamond in Your Pocket*



Ian Watson, homeopathy expert

“The Journey Process developed by Brandon Bays is a deceptively simple technique that facilitates emotional and physical self-healing in the shortest possible time. It can be learned and applied by anyone almost immediately, yet is able to catalyse profound healing results even after other modalities have been tried and failed.

I would recommend The Journey Process wholeheartedly to anyone.”

– Ian Watson, co-founder of The Lakeland College for Homeopathy and author of *A Guide to the Methodologies of Homeopathy*

Endorsements from the media



THE SUNDAY TIMES

just wiped me clean. My heart felt healed, whole. I wanted to dance, sing and celebrate... I felt finally free." – *The Sunday Times*

"After experiencing The Journey I felt as if I'd been washed from the inside out, as if someone had

DAILY EXPRESS



CRUSADING FOR A FAIRER BRITAIN

my breast. My next mammogram confirmed it had gone... I feel the Journey saved my life." – *Daily Express*

"Two days later after The Journey Intensive weekend, I could no longer feel my lump in

"I recommend The Journey to anyone who is ready to face up. It may not make you rich, take off the pounds, and still cut through a tin can, but it will map out a road to the bottom of things. It will move you out of your head and into your heart, where healing takes place. Brandon asks only that you 'dip your foot into Source', for that is enough to keep you forever." – *Spirituality & Health Magazine*

"After The Journey, I felt like I'd finally let go of the pain I'd packaged away years ago. A year on, my life has changed immeasurably. I've got the job I love, I'm married to a man I adore and have a much healthier lifestyle." – *New Woman Magazine, UK*

"After doing the Journey I realized, 'There is so much to celebrate...! Before The Journey, it was the silly thoughts in my overactive head that controlled me – now I'm back to my burning, bubbling self. Lighter brighter, better, stronger – the delightful little girl is alive and skipping inside me. I am somewhere different. Somewhere warm, peaceful, vast and benevolent. It's called home. And there is no place like it." – *Executive Women's Magazine*

■ Chapter 5: The science of The Journey

Research by the American Center for Disease Control states that 85% of all illness is emotional based. So in the times of stress and distress it's no surprise that heart disease, cancer, depression, asthma, burnout and many other illnesses are on the increase. Our emotions, thoughts and words influence our bodies and the effect our cells, DNA and ultimately our health.

Over the years numerous scientists and medical doctors have studied and subsequently verified research in support of The Journey Method. Dr Bruce Lipton, Candace B Pert, PhD and Deepak Chopra MD and others, have shown that at a molecular level, suppressing emotions can lead to individual cell receptors becoming blocked. These blocks then interfere with the normal healthy communications between cells, and this impairs many body functions. Conversely, allowing the feelings and emotions to flow unblocks the receptors and helps maintain good health.

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. What Brandon discovered was how to access specific cell memories and, more importantly, how to actively resolve and let go of the stored issues.

Your emotions play an important role in your physical health

Renowned cellular biologist Dr Candace Pert has established that when we have repressed emotions, or issues we've buried or swept

under the carpet, it creates a body chemistry that can block our cell receptors in certain areas of the body. If those cells remain blocked over a long period of time there is an increased likelihood for illness to be created in the specific areas where the cells are blocked.

The key to cellular healing is to uncover the repressed trauma, or the unaddressed cell memory, resolve it and clear it completely. Then your body and your being can naturally go about the process of healing and you are left soaring in a boundless peace, wholeness and wellbeing that is your own essence.

The illness starts where your cells are blocked

“What science has found is that when you’re at the peak of a strong emotion, if you suppress it at this time – for example as people do when they go into shock or have a trauma – a biochemical reaction will go into the bloodstream. If over time cells remain blocked, that’s where illness is going to start. The Journey Method helps you go through a process of releasing the trauma.” – Brandon Bays

Your thought patterns can strongly suppress your immune system

“Psycho-neuro-immunology research has produced compelling evidence that our thought patterns directly and instantaneously affect our whole body chemistry, and can suppress our immune system.¹ We all ‘know’ that angry people get more heart attacks, and stressed-out people get ulcers. Only happy is healthy, and some evidence even links grief, fear or resentment to cancer.² – Kevin Billett

¹ Leanne Achterberg, *Imagery in Healing*. Boston. Shambala. 1985

² R J Weber & C B Pert, *Opiatergic Modulation of the Immune System*, in E E Miller & Andrea R Genazzini, *Central and Peripheral Endorphins*. New York. Raven Press. 1984

■ Chapter 6: Journey seminars

The Journey is a method of cellular healing that can be experienced in an initial 3 day seminar. During the 3 days you will learn the exact same skills that Brandon Bays and Dr Rangana Rupavi Choudhuri used to heal themselves from abnormal cells without the need for surgery or drugs.

You are ready for the Journey if you are

- Longing for inner calm, health and balance
- Feeling stuck or that there's just got to be more to life
- Wanting a solution to heal fear, stress and anxiety
- Holding onto repressed emotions or just long to find peace and harmony at every level
- Fed up with the war zone of the mind, emotional stress and bodily tension
- Dealing with ill health or ongoing physical issues
- Depressed, flat or even hating life and want a deeper more permanent connection
- Wanting more fulfilment in your relationship, career or health
- Searching for your own authentic greatness, your infinite potential, your deepest truth

The Journey Intensive & Advanced Skills Seminar

At this 3-day seminar you will learn the latest Journey techniques. Through guided meditations, introspections, and additional mini-process work you will get a direct experience of the powerfully liberating effects of the Journey Work.

Day 1: You will learn and undergo the Emotional Journey Process. You will experience a Journey directly into your soul, clear out



long-standing unhealthy emotional issues, and find true clarity and answers to your deepest questions by accessing your own inner wisdom.

Day 2: You will deepen your experience through additional mini-process work and introspections, and learn and undergo the Physical

Journey Process, discovering old cell memories, resolving and clearing them completely and thus activating your body's healing power.

Day 3: You will learn the unique and powerful Advanced skills that Brandon personally developed in her private practice and has made the Journey. It is an inspiring day, jam-packed with countless powerful tools, process work and the very latest skills. This is a highly-experiential day where you'll be immersed in the depth of the skills that make Journey work the most potent, life-changing program available in the world today.

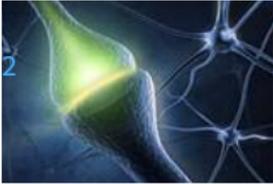
The Journey Intensive & Advanced Skills program provides you with simple but radical and powerful tools that you can take with you to use in all areas of your life.



4 compelling reasons for you to attend:



You strip away years of emotional and physical blocks



You release specific cell memories and experience cellular healing



You benefit from the power of being with like minded people



You receive profound emotional and spiritual support

A complete personal healing journey...

Day 1: The Emotional Release and Healing

Day 2: The Physical Process to Access Repressed Cell Memories

Day 3: Advanced Skills for Instant Healing

Q&A Session: Personal Healing Questions Answered in Satsang

■ Chapter 7: One-to-one Journey sessions

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 is being used to enable healing from issues such as:

- Chronic pain
- Anxiety
- Grief and loss
- Anger and frustration

- Fear and stress
- Addictions
- Illness
- Depression
- No life direction
- Lacking spiritual connection

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 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 a customised one to one session with an Accredited Journey Practitioner please e-mail india@vitalitylivingcollege.info and share what you need and where you are based and we will match you up with the most appropriate Practitioner.

Case study: From Pain to Purpose

When I asked if I would write a testimonial for Rangana I was overjoyed at the privilege as so rarely do people come along who have the ability, intuition and insight to be able to put things right without psychiatry.

I myself am a spiritual advisor and detox consultant, so when things started to go wrong with me:

- I could not understand why
- I did not know what to do or who to turn to without going to the doctors and I knew what path that would lead me down. Been there, seen it, done it and have the scars to prove it!

I had started to develop a deep rooted fear of depression, abandonment and worthlessness which not only affected my mental state but also my health. I had severe debilitating back-ache, panic attacks about my health and past issues that I understood but was unable to control.

Having had a partner for 4 years with HIV I had lived in fear of contracting it even though I had been tested in the past and it was negative. Suddenly I had massive issues that I could be infected and the wait for the repeat tests were unbearable.

Then to top it off I had lost my sense of purpose and direction due to my best friend dying in my arms with Leukemia. There was nothing I could do to save her even though I had done everything I could possibly do. I was also in the process of leaving my alcoholic partner who had worn my self-belief down to nothing.

Not an easy task to take on while I was having a full blown spiritual crisis!

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.

Then the panic attacks started. After one session of EFT Rangana not only arrested them but took me to the root of the problem. I had lost my mother through cancer, my best friend through leukemia and I had narrowly missed catching HIV. Not only had I felt a failure because I could not save them, I found I had fear of dying myself, which came as a big surprise as I work with the spiritual realm all the time. Another EFT session soon put that right. I felt amazing and grateful for the beautiful life I had been given.

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 never been happier, healthier and more prosperous.

Within two years I now have a wonderful home life, no financial worries and I am very well off. I have a successful business using my own abilities, gifts and talents in abundance and clients from all the four corners of the world, many that travel around the world and come to see me.

I have found my spirituality and purpose and I know I will not ever look back again. But the best of all there have been no drugs, no psychiatry, no physio – just extremely well applied alternative therapies designed to get to the core of the problem and most of all unconditional love and understanding of the dearest person in the world – Dr Rangana Choudhuri. Not only did she help me to save myself but she has given me the skills and techniques I require should I ever find myself in a crisis again and a reason to go on.

Thank you from the bottom of my heart.

Love, light and laughter

Alva L Gilmour, xxx

Journey Accredited Practitioners in India

The Practitioners listed below have been through the year long intensive Journey program and completed over 55 case sessions before being awarded Accredited Journey Practitioner. Every year to stay recommended these Practitioners complete case sessions and re-attend Journey Seminars as members of the Senior Trainer team.

<http://vitalitylivingcollege.info/journey-seminars/journey-india/recommended-journey-practitioners/>

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■ Chapter 8: Using the Journey in schools

The Kids Journey is being used by school teachers, school counsellors and children's therapists all over the world. The goals of the program encompass academic development, social awareness and life skills, the development of broad competencies such as problem solving, critical thinking and communicating. The work has been shown to improve and strengthen students' school performance, attendance, and emotional well-being as well as the impact it has on increasing teacher's motivation and enthusiasm in the classroom.

Case study: Regular Journey work in schools increases pass rate to 91%



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.

For more information go to <http://vitalitylivingcollege.info/journey-seminars/what-is-the-journey/journey-for-schools-youth/>.

■ Chapter 9: Endorsements for Dr Rangana Rupavi Choudhuri and The Journey



"I personally endorse Rangana Rupavi Choudhuri (PhD)- she is the perfect presenter for The Journey" Brandon Bays, founder and creator of *The Journey*



"Rangana is a phenomenal trainer. Thank you Journey for coming to India." Jayant Pawar, personal trainer/business owner



"You are a Dynamite! You exploded inside me and there were a million shooting stars near my heart. Giving me such profound unconditional love. Never experienced. Love you." Soghra Fatima, Delhi



"Awesome, inner stillness, lots of gratitude, inner cleansing, peace. Meeting Rangana itself is overwhelming. Thank you so much. God bless. Thanks to the team." Bindiya Shah, teacher



"It has helped me clear a lot of physical and emotional clutter, heal, help, and forgive in the true sense. Forgiveness could be so simple was a true realization today. And yet how deep." Amishi Kothari, teacher



"The seminar was beautiful and very intimate and well organised. I have benefited immensely from the Journey – physically, emotionally, and spiritually. One of the key questions I had was beautifully answered by Rangana. It's like so much suddenly fell in place." Maninder Cheema, finance market regulation



"I am so grateful to the Journey workshop for various reasons. It has helped me in my back pain healing. I had serious anxiety attacks which tore me apart and the Journey has helped me to get to the root cause. I am working on myself and feel I am healing. Thank you and God bless." Yogita Somaiya, housewife



"The Journey has connected me to myself. I have tried a lot of other mediums to get there, but it's the Journey that led me to it. Deep gratitude." Ami Chhowala, healer

"Came closed as a skeptic left open and converted. Hope to be a part of this journey for a long time. Thank you so much" Lale Sarbh, housewife

"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." Alva Gilmour, detox consultant

"The Journey seminar was truly well organised. Rangana was a great facilitator and instructor. Her instructions truly facilitated us to realise what a wonderful tool the Journey is for healing." Shireen Vakil, business owner

Acknowledgements

I would like to first acknowledge my mother who, by example, taught me about unconditional love. She was also the first person to gift me a copy of The Journey book. I thank my father for being my friend and catalyst that propelled me onto my own healing journey. Finally, I would like to thank Brandon Bays for writing The Journey book and teaching me to discover my own innate healing potential. I am grateful to both Brandon as well as The Journey. For more information on The Journey please go to www.thejourney.com

About the author



Rangana Rupavi Choudhuri (PhD) is a dynamic author, international speaker and trainer and as founder of Vitality Living College she 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.

Dr Choudhuri'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

About Vitality Living College

Vitality Living College is a global learning organisation offering seminars world-wide in stress relief, emotional well-being, communication, confidence and spiritual realisation along with creating certified practitioners, coaches and trainers of EFT, NLP, Hypnosis, Timeline, Journey work, Matrix Reimprinting and Breakthrough Coaching. It is the only global college of its kind dedicated to personal development, emotional wellbeing and spiritual growth.

For more information download 6 free booklets at <http://vitalitylivingcollege.info/free-resources/>

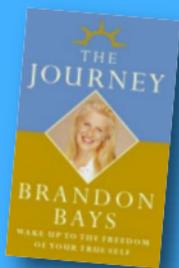
The latest list of free seminars, transformational courses and certified training programs can be found on <http://vitalitylivingcollege.info/bookme/>



Journey to Healing

Personal stories of change and transformation with The Journey

In this special booklet you will learn about The Journey by Brandon Bays and how she pioneered the process to heal herself from a football sized tumour. You will learn what is the Journey, the science behind it and how people have used it to heal themselves from cancer, depression, physical pain, stuckness and emotional stress enabling a space for health, peace, transformation and balance.



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