

# Soul Connection and Evolution Workshops 2012

Open the Door to a Whole New World Within You...

The Soul Connection and Evolution Workshop series are part of a **new** Soul Mastery Programme developed by Michelle Hardwick for 2012 and beyond. The programme comprises of 4 workshops and includes the following:

- ◆ **Workshop 1** - an Inner Journey to Atlantis to reconnect to your own pathway to Freedom (see below for more details)
- ◆ **Workshop 2** - an Inner Journey to Egypt to reconnect to your own pathway to Peace. More details about this workshop can be found at <http://michellehardwick.com/news.html>
- ◆ **Workshop 3** - an Inner Journey to Lemuria to reconnect to your own pathway to Joy. More details can be found at the following link: <http://michellehardwick.com/news.html>
- ◆ **Workshop 4** – the final in the series of Soul Evolution, reconnecting to your Authenticity. Please go to this link for more details: <http://michellehardwick.com/news.html>



## Inner Journey To Atlantis - Pathway to Freedom [1]

### Workshop Content

In essence this interactive 'Inner Journey to Atlantis' workshop is designed to help you begin to move from being externally influenced; to being more autonomous, empowered and free.

The four-hour workshop includes two powerful inner journeys: the first a guided, channelled meditation to Atlantis to reclaim a deeper connection to freedom; and the second is an experience of 'Soul Connection and Evolution Hypnotherapy'. The two journeys will be recorded and emailed to you.

Typically the guided inner journeys are unique in content and they will reflect where you - and the group are - on your spiritual journey of awareness and growth. The journeys assist you to go beyond time and space and help connect to your Soul.

In addition, we include a variety of insightful information, tools and exercises to assist you to make the changes you desire and deserve in your life; relationships and/or career.



## What to Bring

- Pen and Journal [Essential for self awareness. Also to record your experiences and journey].
- Any crystals/pictures/codes/oils you work with to place on the altar.
- Pillow, blanket, yoga mat, warm clothes and socks [For your comfort in the practical experiences].
- Filtered Water/snacks. [We will not break for meals so please ensure you arrive with a happy tummy!]
- A print out of the first two pages of this programme.
- A willingness and openness to share, to change and to try something new. The more prepared you are to explore and journey into your personal and internal resources, the more gifts you will discover.

## Benefits of this Workshop

Experience:

- ◆ Increased acceptance without judgment of others or yourself.
- ◆ Greater personal freedom – including the freedom to express yourself.
- ◆ A deeper connection to your hearts' wisdom and intuition.
- ◆ A sense of inner empowerment and self- awareness.
- ◆ Manifesting from your authentic power.
- ◆ Expand your self-expression and creativity.



## Kind Feedback

*"I am so glad I participated in all of Michelle's "Soul Connection Level 1-3" workshops. They are tailored to the needs of each participant; co-created with the group; respectful of the group's dynamic; unique; eye & heart opening; PRACTICAL; healing on all levels of our being; plus they are a lot FUN cause Michelle's sense of humour and positive outlook on life is just contagious :-) She shares her tools to empower us all; ensuring we can once again be in the drivers' seat of our own lives."*

**M. N., Shanghai 2011**

*"I got clarity in soul's work/direction; this is still happening after the workshop. Things began unfolding for me very rapidly after the releasing work during the workshop - that was some powerful releasing! The connection exercises help to maintain the stronger connection and help me stay aligned with my soul's purpose/direction"*

**S., KL, Malaysia 2011**

## Your Facilitator – Michelle Hardwick

Michelle Hardwick is a certified Hypnotherapist and began her practice in 1999 in New Zealand, her spiritual home. Since then, she has developed her own style of Hypnotherapy – ‘Soul Connection and Evolution’ - which has evolved to integrate processes Michelle has found personally beneficial. ‘Soul Connection and Evolution Hypnotherapy’ bridges the worlds of self; spirituality; body; mind and soul bringing together:

- ◆ The self, represented by current state of self-perception
- ◆ Spirituality represented by self-awareness and connection
- ◆ Mind represented by character and will, openness to new ideas and interactions
- ◆ The Soul represented by the body, emotions, beliefs and aspirations.

This therapy unites all these separate strands, each of which display individual and distinct needs and strengths, into a tailor-made composite able to release the challenges of an individual’s existence and overcome barriers to progress.



Further, Michelle is an Emotional Freedom Techniques (EFT) Trainer who facilitates transformative EFT training that continues to dramatically benefit the lives of clients and students worldwide. For more than 11 years Michelle has shared her love of EFT with many. In addition to EFT and Hypnotherapy, Michelle is also qualified in Neuro-Linguistic Programming (NLP) and integrates the principles into all her work.

Through her busy international practice, Michelle continues to offer one-on-one consultations either in person or online. Her passion is helping souls heal. Michelle utilizes profound and unique methods of transformation in all her consultations. Clients worldwide have been uplifted by this soul-centered approach.

Michelle publishes both nationally and internationally; her writing enabling readers to share and continue to be inspired by her message.

The newly developed Soul Mastery Programme is now available for those wishing to further develop their skills. This latest series of workshops incorporates accelerated growth processes designed to facilitate soul evolution. The programme culminates in a 5-day retreat held in Bali in November 2012. For more details and to register please go to [www.michellehardwick.com](http://www.michellehardwick.com)

### Quote

*“Deep inside all of us a huge potential beckons,  
waiting to open us to the joy, genius, freedom and love within.”*

**Brandon Bays**