

Release...Peace Newsletter 2012

January & February

Content of this Newsletter:

- 2012 Year of the Water Dragon
- Living Authentically
- Gratitude Poem
- What's New at Release...Peace
- One the Road Again
- Looking Up
- Quick, Powerful Tool for releasing stress
- Saying What is So
- Ten Pillars of Inner Strength

Happy New Year and Happy Chinese New Year!

Hello Everyone...

This is the year of the Water Dragon and it will arrive on February 4, 2012! According to <http://www.waterdragoninc.com> "the Dragon is a legendary animal and it is a symbol of the emperor in China. Dragons signify powerful energy, growth & creativity; this is ESPECIALLY true in 2012. Since the Dragon is coated with a mysterious colour, the Chinese consider that the dragon is unpredictable, untouchable as people cannot see its head and tail at the same time. Therefore, we could see something unexpected happening in 2012. From a Feng Shui standpoint 2012, the year of the Yang Water Dragon, brings many possibilities for good fortune."

Sounds good don't you think?

Looking back from where we have come so much happened in 2011. It was a challenging year and one that gave me much to think about. Because of the events of 2011 I decided to make a number of changes in my business and life. A recent report I read from Tabaash shared <http://tabaash.com/reports.htm> - "The end of 2011, is the end of an emotional, mental, physical and spiritual cycle that has been in motion for the last 500 years."

Thank goodness for that! It certainly felt like it for me. Happy that this is now behind me and that we can focus on harness the power and possibilities of 2012. Tabaash continues "In a way it is a time of your own "personal truth".

I totally agree, I had to look closely at my business; life and my physical body that has undergone so much in 2011. I also see that the more we are in touch with our own truth and share that truth with love to others, the more potent transformations we will experience. I think the most important part of the truth is the act of being true to ourselves. For many years I was spellbound with my ego illusions and justifications and over the past year these have come up for reassessment. Happy that I still utilize my tools to clear the blockages that crop up from time to time in my life. They come up so powerfully and then luckily when I face them squarely in the eye of truth, they dissolve away into nothingness.

To continue the theme of exploring 2012, Barbara Marciniak <http://pleiadians.com/index.html> gives us some more hope as she shares that 2012 is "A year of supreme personal empowerment, 2012 will be greatly rewarding for those focused on the expansion of consciousness. To gain the benefit of and effectively integrate the ultra high-speed energies, we advise you to be fully present and aware, and completely in charge of your physical body... <snip>

People will be challenged to discern between truth and deceit and recognize the fool, the fantasy seeker, the sucker and the rigid believer for what they are. At some point everyone will begin to wonder what is really real..."

I believe that is truly happening right now all over the world. She adds: "There is a great and noble purpose behind the upheavals in the world, for the rising chaos is compelling people to think in bigger terms, which is the very process that expands consciousness..."

I also understand that this is now the year to be fully living from our expanded consciousness in union with our hearts. In previous years we have operated mainly from our heads/egos and minds forcing and trying to make things happen rather than allowing them to happen. Think with your heart author Lauren (<http://www.thinkwithyourheart.net/2012/01/10/2012-think-with-your-heart>) also echo's these sentiments about 2012:

"2012 promises to be amazing in one extra-ordinary way: LOVE is f-i-n-a-l-l-y in first place and here to support you to the fullest." She continues, "the time lapse between what we feel and what we attract is instantaneous". I feel this is absolutely true. Have you noticed this in your own lives?

She continues, "Every action, everything we think & do must come from LOVE (& not fear) to be fully supported by the energies here. Thinking with our brains is like shooting blanks now, whereby thinking with our hearts will be like shooting stars."

What a wonderful way of expressing where we are headed over the next 12 months.

In addition, Lauren shares 2012 from a numerological perspective:

"-2012 is a 5 year ($2+0+1+2 = 5$)

-2012 is the year we engage the energies of the 5th Dimension

-2012 is the year we fully open/activate/master the 5th (throat) chakra

And FIVE is a big number...its all about transformation, freedom, change, honest expression, communication. In 5D, the combined & purified energy of the heart and throat speaks to our ability to express our truth with the Voice of LOVE, so this will be an important year to live authentically, with integrity, and while nurturing an new and unprecedented ability to express ourselves."

Quote

*"Let us be grateful to people who make us happy;
they are the charming gardeners who make our souls blossom"*

Marcel Proust

Living Authentically

So how do we begin to live authentically? Try this exercise shared by [Anne Jirsch](#) and see how it feels:

"Just for one day do exactly what you want, eat what you want to eat, wear what you want to wear, watch whatever movies or shows you want to watch. Hang out with whoever you want to hang out with.

Often when you ask people what they want they will tell you 'what everyone else wants' and 'what everyone else thinks they should have, do or be'. A major lesson for many is to learn to spoil themselves." [Michelle adds: Have fun, be in the vibration of joy and therefore be authentic]

Anne continues: *"So take a day to just please yourself and then after that each day do something just for you. This will align you and once you are aligned all sort of wonderful things can flow your way. So if you want to dye your hair green you have full universal permission to do so!"*

[Michelle adds: This reminds of a time in my 20's. I had been studying and training hard to get my Diploma in Hotel Catering and before returning home for Christmas, I decided I would treat myself and have a change of hairstyle and colour. I got my hair cut very short and had it dyed "holly red" which I felt was in-keeping with the season and the Christmas spirit.

Feeling pleased with my new look, I decided I would surprise my parents by just arriving and ringing the doorbell, instead of calling them in advance to tell them I was on my way and when to expect me. My surprise back-fired as I stood posed at the entrance to my parents' home. I rang the doorbell smiling to myself delighted with my new 'gorgeous' look. However instead of being welcomed as the prodigal child, my Mother opened the door and with a puzzled look on her face, said 'Yes... Hello... Can I help you?'

My own Mother didn't recognize me!

Totally shattered I had to explain to my own Mother that standing before her, was her "long-lost daughter". The joke was on me. Not what I had hoped or planned my home-coming to be. In the end

we saw the funny side of it and it was hilarious – once we both got over the shock and disappointment.

So my advice if you decide to dye your hair, warn people or don't be disappointed when a few people don't recognize you! Ah...happy days!]



Gratitude

Thank you for Anita for sharing this delightful poem of gratitude!

*“From the God/ Goddess of my being
I give forth thanks
For the love that I am,for the love in my life and the love that surrounds me, thank you.
Thank you for the miracle of life that I am and
thank you for the miracle of life I see reflected all about me.
Thank you for the gift of life that I am.
Thank you for this perfect body, my health and well-being, thank you.
Thank you for the abundance that I am and thank you for the abundance I see reflected all about me.
Thank you for the riches and the richness of my life and thank you for the river of money which flows
to me and through me, thank you.
Thank you for the excitement and adventure of the millions of wondrous possibilities and wondrous
probabilities, thank you.
Thank you for the wonderment and thank you for the joy.
Thank you for the beauty and harmony.
Thank you for the peace and tranquillity.
Thank you for the laughter and thank you for the play.
And thank you for the privilege of serving and sharing
the gift that I am.
Thank you! Thank you! Thank you!”*

Taken from <http://www.ptaah.com/page/page/4736851.htm>

What's New at Release....Peace?

It's been a busy start to the year here at Release...Peace; I'm really excited about what 2012 has in store. By signing up to my newsletter, (<http://michellehardwick.com/index.php>) or becoming a fan on :  Facebook  Twitter [Linkedin](#) you're a Release...Peace priority and will be the first to hear my news. Keep your eyes peeled for my updates – there will be lots of interesting things happening over the next few months.

In the meantime, I'd like to share the news that the Inner Mystery Initiation has been planned for Bali! The dates will be 11-16th November 2012. [More details here](#)

Have also managed to complete the first of 4 parts in the new EFT Foundation course which I will be teaching in Oslo at the end of February. For more details about what's in store in this evolutionary programme – [please click here](#)

On the Road Again

I'm delighted to share with you that I will be in Zurich from 10th -18th February offering my new Soul Connection and Evolution [consultations](#) and [workshops](#). I will be teaming up again with Marianne Niederer (some of you will remember 'superwoman' Marianne from Shanghai where she offered visiting practitioners and the public of Shanghai and China amazing service). I am thrilled that Marianne will be organising all the consultations, events and workshops in Zurich – incredible that she "happens" to be in Zurich at the same time as myself! All divinely co-created don't you think? More details about what's on offer in [Zurich, Switzerland here](#)

Quote

"We either make ourselves happy or miserable.

The amount of work is the same"

Carlos Castaneda

Looking Up

In one of my own Soul Connection sessions, my soul and guidance told me it was important for me when I am walking to look up – to look at the horizon rather than looking down at the pavement. Often I walk and meditate (I'm not the sitting-and-meditating type) so I am often focused on and looking down at each step. There are times I must admit when I am totally in my head thinking, thinking and thinking.

My excuse has been that the pavements are so uneven that I had to look down to avoid falling or stepping in dog dirt!

Interestingly my soul said when I look up I see so much more – the light, the energies, opportunities and so forth. I have been experimenting with it and it is true.

When I have needed encouragement I look up and see a rainbow before me. Another time I looked up and saw light streaming down through the clouds. Or I hear birdsong as I walk past. These to me, are all powerful messages of hope from the Universe that keep me positive and in the present moment. Try it and discover for yourself the power of looking up!

Quote

*"We tend to look down and inward.
Our power diminishes that way
and your soul shrinks.
Begin to look at the horizon and
things expand"
Paul Coelho*

Quick, Powerful Tool for Releasing Stress

As I began sorting out all the programmes for 2012 – some of them are still being birthed within me - my guidance shared a wonderful breathing exercise to help with stress as I began to get overwhelmed at the enormity of the tasks ahead of me. This helped me in a profound way each time I did it. Try this technique and let me know how you go with it too:

1. Place your right hand on your heart (or heart chakra)
2. Then place your left hand on back of your skull, where your head and neck connect.
3. First breathe in deeply through your mouth
4. Second time breathe deeply through your nose
5. Third time breathe in through your 3rd eye chakra

I am told that this process will help you get focused, balanced and stay calm.

Quote

*"The greater part of our happiness or misery depends on our dispositions,
and not on our circumstances.
We carry the seeds of the one or the other about with us in our minds
wherever we go"
Martha Washington*

"Saying What Is So"

As an alternative to the above try this exercise. I found this recently in the Goddess Oracle card deck. 'Saying What Is So' suggests:

"Take a deep breath and connect with yourself. Breathe into all the cells of your body. Inhale and exhale through your skin. Take the time to feel present and focused in your body. Then open up and ask:

"What am I feeling?" Listen for an answer.

If one doesn't bubble up, then ask "Am I angry, sad, joyful, nervous, upset, fearful etc.

Ask your body to speak. You might want to say it over and over to yourself. It is important to get in touch with your feeling and state it clearly. For example, saying “I feel angry” or “I feel fear” and as you do that you honour your feelings, you are more present with yourself and you also keep the feeling from escalating into full on emotions.”

I feel that the more we honour how we feel, express it to ourselves and others, the more we will live our truth and continue to be authentic each day of our lives. As we go step more fully into 2012, remember this pearl of wisdom from Paul Coelho: [“The two of the hardest tests on the spiritual road are the patience to wait for the right moment and the courage not to be disappointed with what you encounter.”](#) Taken from the book ‘The Valkyries’.

WOW – ain’t that the truth?

I often talk in the groups I facilitate about the last sense that we need to embrace. We have the 5 senses; smell, sight, hearing, touch and taste but the one that is often ignored is the sense of **timing**. Now I notice when things don’t feel right. I am not sure what will happen, but I sense that what I am about to do doesn’t feel right. When I let go and wait, incredible things show up – that all seem to get divinely orchestrated, even better than I could have arranged them myself.

We need **courage** - one of the great virtues of those who seek to be on the spiritual path. Having courage requires that you open your heart and listen to what your dreams tell you. It is essential that we follow those dreams, because only a person who is not ashamed can manifest.

Fear is a debilitating emotion that prevents us from being connected to our real self. When we are in a place of fear we are not able to achieve our life purpose, our goals and mission. The more we trust, in ourselves, the Universe and our Soul the more we can begin to nullify the effects of fear in our lives. Check out this [report for a more detailed insight into Fear from Tabaash](#):

One of the hardest emotions or feelings to deal with is **disappointment**. A bitter blow that can hit us to our core – if we let it. As Gary Craig (EFT Founder) shares – in each experience we have the ability or choice to see ‘Garbage or Gold’. We can either look at the pain and disappointment in the situation (which is of course ego driven) or to dig deeper and discover the positive in the experience i.e. the ‘gold’ (which is heart and soul based). Not easy to do, but worth it as we then can evolve from being a ‘victim’ to being empowered.

Quote

*“To get up each morning with the resolve to be happy...
is to set our own conditions to the events of each day.*

*To do this is to condition circumstances
instead of being conditioned by them”*

Ralph Waldo Emerson

The Ten Pillars of Inner Strength

When we are empowered we have a sense of Inner Strength. I found this quote taken from Bears Kaufman, Option Institute, which also helps remind me of maintaining my inner power. You could use it as part of your Set Up Statements or Reminder Phrases when you are using EFT:

1. *“Love first, act second*
2. *Clear intention*
3. *Be present*
4. *Be authentic*
5. *Be nonjudgmental*
6. *Let go of the outcome*
7. *Explain yourself to yourself*
8. *Be passionate*
9. *See opportunities in every situation, and*
10. *Own your choices”*

Quote

*What a wonderful life I've had!
I only wish I'd realized it sooner”
Colette*

Resources

- Inner Mystery Initiation – Bali 11th November -16th November 2012. [More details here](#)
- EFT community gathering 27th - 30th January 2012 in York, England, UK. For more details and a short video on the event please [click this link](#)
- EFT community gathering March 10th at Bastyr University near Seattle, Washington. Modeled after the Gatherings in the UK. All net proceeds go to EFT research. [Click this link](#)
- EFT Hub Tapalong Tap'a'thon is on the 4th of March and they would like you to take part, so send a video or just watch on the day, [more details here](#)
- New EFT book coming out on the 1st February called [Energy EFT](#). This contains many of the new patterns for working with EFT. [Click here for more details](#)

Quote

*“The really happy person is one who can enjoy the scenery
when on a detour”
Unknown*

Wishing you a wonderful courageous start to 2012. May all your dreams come true in this auspicious year! Best wishes to you all from Michelle Hardwick

Let's connect on: [Facebook](#) [Twitter](#) [Linkedin](#)

Creator of Soul Connection Hypnotherapy; Adv. Dip Hyp.;

International EFT Trainer & Practitioner; Time Line & NLP Practitioner,

Graduate of the Gaia Mystery School

Release...Peace ~ www.michellehardwick.com

“Let the beauty of what you love be what you do.” ~ Rumi

