

NEWSLETTER from Michelle Hardwick of Release...Peace ~ April 2011

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Note from Michelle

Hello to you all! It has been an incredibly surprising time again recently hasn't it?

My thoughts and love go firstly to all those in Japan, the land, her people and animals who have been drastically affected by the great transformation which have taken place there recently. The earth and her population have shifted again after what happened. Amazing how we watched live, real coverage from the people there right where it was all happening. Real people reporting the truth. Heartfelt stories and experiences some of survival and others of devastation.

I am still sending my love to the New Zealanders in Christchurch, my friends and extended soul family who are continuing on with 'life after the quake' with the clean up. What an enormous job.

Quote

*"As we move forward on the trail-ways of transformation,
our expansion shines a bright light on
those parts of us that are still unresolved.
Shadow meets light on a bridge across forever"*

Jeff Brown

Personalizing Japan's Experience

I received an email from Daniel at Reconnections which gave me a lot to think about. In the EFT training and mini-workshops I have spoken about this concept however I felt it would be good to share it expressed in a slightly different way. This an excerpt of the email for you:

"Taking a VAST and DESPERATE SITUATION, like the Nuclear Emergency going on in Japan and make it SMALL and COMPREHENSIBLE. PERSONALIZE that situation, happening thousands of miles away, and viewing it as if it is a part of SELF.....here and now.

For example.....the word NUCLEAR refers to something that is going on at the very CENTER of a situation or a person. The NUCLEUS of a Cell, for example, is THAT CENTRAL CORE which contains all its vital information.....the very ESSENCE of what that Cell is.

A Nuclear Emergency, happening anywhere on Planet Earth.....challenges humankind TO ITS VERY CORE.....threatening either to destroy us absolutely.....or to LIFT US HIGHER than we'd ever believed possible."

He continues "in our personal life.....We have this thing called Kundalini Fire. Isn't that simply another kind of NUCLEAR ENERGY? Something that starts at our Sacral Root, and works its way to the Crown Chakra.....bringing with it EVERYTHING and ANYTHING which corrupts, corrodes, or limits us in our expansion.

Earthquakes are Birthquakes. Metaphors. Correspondence. We know that what is destroyed today can (and will) be rebuilt tomorrow.....sometimes better, more expansive than they might ever have been. How does the saying go? You don't know how you really FEEL about something (or someone) until you almost LOSE IT (or THEM).

Every LARGE STORY has a SMALL STORY to go with it. Starving people, homeless and traumatized, often remind us of those aspects of SELF which have been neglected.....ten, fifteen, twenty or more years.

Did you begin life as an artist, a musician, a writer? What happened to your gifts along the way? You got "busy" and the hours and days went by.....and then suddenly, without warning, you lose BOTH PARENTS.....within 5 months of each other. You bury one, you mourn the other.....and suddenly the urge to paint, to sing, or to journal returns.....and there you are, 15 years old again! Renewed, Awakened, Resurrected.

I know, I know. What does this have to do with the devastation in Japan? Well.....it has EVERYTHING to do with it. It's something PERSONAL, which YOU CAN SEE.....that illustrates what it must be like for people, halfway across the world, in a culture you may have never visited.....to suddenly be lost, alone, and without daily comforts".

Inspired by the original transmission -
http://www.reconnections.net/falling_apart_world.htm

Quote

*"We are all enabled to co-create whatever is appropriate in our lives.
Some create fear, and others create divine healing.
The miraculous is inside each of us,
just waiting for the moment when
we want it to change, anytime, anywhere."*

Kyron

Norway

What an incredible experience I was privileged to have in Norway recently. Some of you may not know that I travelled for the first time to Norway, to facilitate a 3 day training of EFT techniques, various spiritual tools and methods. I completely revamped the old programmes, incorporating more time to offer more demonstrations and to be able to go into more depth with participants.

After arriving at midnight at the hotel, I quickly unpacked, undressed and dived into bed so that I could be rested for the following morning. As I prepared to leave my room to go for breakfast, I took my room key and phone and went to open the door.

But I was unable to get out. Trapped in my room I considered my options. I tried on numerous occasions to open the door, search for a lock, check the wall to see if there was a release button, but came up with nothing. Needing to get down to breakfast and then leave the hotel to go to the training room, I called up reception.

I explained that it had been late at night when I arrived (weary) from travelling, and I failed to take notice of the door and how I was to open/close it. The receptionist said he would come up right away. As I stood waiting for him, I wondered what the message of this was for me.

I heard a noise of footsteps and then a beeping sound and there in front of me stood the receptionist! He had managed to open the door! Yeah - freedom! He checked the door and found nothing wrong. However I observed that when he was opening the door, he opened it in a very different way to what I had been doing. I had been attempting to open the door by pulling the handle towards me - rather than pushing it away from me.

The door had been open all along, it's just that I was using an old (outdated) method to try to open it.

What was clear in that moment was that now I required collaboration and a different set of skills. I heard intuitively "it's time to open this door (i.e. Norway) in a completely new way with teamwork."

As I walked down to breakfast I thought about this profound message and decided to act on it from that moment on. Being locked in turned out to be a great experience.

I shared my experience with the group. Right from the first morning we worked as a very powerful team together. The more truthful I was with the group about what was happening for me, the more they were. As a result we were able to get to a profound level of healing.

I understand that the 'door experience' was a crucial step/learning on my journey. Now it is up to me to be part of a team. That means working hand in hand with the group I co-create with; having complete trust and being part of a team with my guidance; my soul; higher self and my intuition.

I realised even more powerfully that my next step this year is to share how to do this with as many people as I can, so that more individuals are connected to their 'divine team'. That's why I am developing new courses, group initiations (see below) and mini-workshops.

As a side note - I am delighted to report that 24 people attended my first workshop with lots of positive feedback. I have since been invited back to offer a new course in May and a repeat of the 3 day workshop in December!

Quote

*"Find your heart
and you will find your way"*

Mayan Elders

New Offerings – Inner Mystery Initiation - Bali

Finally all the pieces came together this morning. So here is the full programme! Yeah - I am more than delighted... It took a while I know, but I got there in the end!

On 27th June 2011 in Bali I will hold the first of a 5 day Inner Mystery Initiation. This includes a combination of my new emotional release work; a new form of Hypnotherapeutic work currently known as 'soul connection' (I am still evolving personally and developing it more deeply). Also included in the initiations are visits to ancient, sacred Balinese sites; a purification ceremony with the gentle and humble 4th Level High Priest (similar to the one described in my previous newsletter) and 2 traditional Balinese massages.

If you are interested in joining me in a journey of integration & connection then please contact me as soon as you can! More specific details can be found here -

<http://www.michellehardwick.com/assets/Bali%20Initiation%20June%202011.pdf>

Thank you to everyone who has offered to share these details with their friends and clients - you are much appreciated!

Remember our willingness to move beyond our comfort zone(s) is what facilitates our expansion and growth. These new initiations are an opportunity to move beyond what is familiar and safe. To go to our shop and complete your payment please go here - <http://www.michellehardwick.com/store.html#bali>

Quote

*"One thing is sure:
After an Inner Mystery Initiation
- you will be different"*

Michelle Hardwick

New Offerings – Inner Mystery Initiation - Ireland

Last Saturday I spent a day touring around the sacred sites and wells. All I can say is WOW!

The places were incredibly powerful energetically and really serene. I worked with the sacred water in each place - and it has taken me 2 days to integrate their potency! My thanks to Mod, Denise and Derek for sharing their knowledge; time and vehicle for us to explore and experience. My goodness it was amazing!

This will also be a new form of self-development and growth. I am offering an interactive journey in and around Cobh, North and West Cork, Ireland. I will be sharing practical tools to improve your physical, mental, emotional and spiritual wellbeing and develop capacities most needed for the 21st century: a deeper connection to your soul, intuition, and inner truth. More details about the programme here.

My intention is that when you leave Ireland, you feel a sense of increased joy and compassion in yourself, for the planet, others and your life. This experience is a combination of:

- Spiritual and emotional awareness, education & expansion
- Michelle's new work comprising of reconnection to your Soul, as well as
- Reconnection to your authenticity, integrity and emotional wholeness, and
- Visits to sacred sites and wells in the Co. Cork area including a powerful purification ceremony (see the photos in this newsletter and in the programme to get an idea of where we will go). I have more photos at the Release...Peace Facebook page for fans - <http://www.facebook.com/ReleasePeace>

If you are interested to joining me on a wonderful adventure and journey of inner transformation where you become a friend of your soul, then please contact me as soon as you can! More details about the entire programme here -

<http://www.michellehardwick.com/assets/Bali%20Initiation%20June%202011.pdf>

To go to our shop and pay your deposit - please go here -

<http://www.michellehardwick.com/store.html#bali>

Quote

*"When a great moment knocks on the door of your life
it is often no louder than the beating of your heart
and it is very easy to miss it"*

Boris Pasternak

Canterbury Earthquake Appeal

I would like to help raise funds for the people in Christchurch, Canterbury who have been affected by the Earthquake. I will donate £2.00 to the Canterbury Earthquake Appeal from every sale of my new MP3 recording*.

Wonderfully, the appeal has already reached more than \$2.1 million (as of, 28 February 2011) and ANZ New Zealand has also donated \$1 million. For more details about the appeal - or if you wish to donate directly to the fund please go to this link:

<http://www.anz.co.nz/about-us/canterbury-earthquake-information/donation-information>

Thank you!

*New Hypnotherapeutic Recording – “Connection to your Intuition” is a new mp3 recording created by Michelle. It has been designed specifically with positive suggestions to enhance and strengthen your trust in your intuition. It begins a process of strengthening your connection to your soul and intuition. To purchase your copy, for an investment of £20, please go straight to this link and you will be sent your MP3 copy by email: <http://www.michellehardwick.com/store.html#gen>

Quote

*"Life is an illusion
a dream
a bubble
a shadow.*

*Nothing is permanent.
Nothing is worthy of anger.
Nothing is worthy of dispute.
Nothing."*

The Heart of Buddha

10 Guidelines For Life

Thanks to Monika for sharing this. I have personalised it somewhat:

1. A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision!"
2. Friendship is like a book. It takes few seconds to burn, but it takes years to write
3. Old Friends are Gold. New Friends are Diamond. If you get a Diamond, don't forget the Gold. Because to hold a Diamond, you always need a Base of Gold!
4. When God/Great Spirit/Universe/Your guides solve your problems, you have faith in THEIR abilities; when they don't solve your problems THEY have faith in yours
5. Often when we lose hope and think this is the end; God/Great Spirit/Universe/Your guides smile from above and say, "Relax, it's just a bend, not the end!"
6. When you pray for others, God/Great Spirit/Universe/Your guides listen to you and blesses them. When you are safe and happy, remember that someone has prayed for you
7. Prayer is not a "spare wheel" that you pull out when in you're trouble, but a "steering wheel" that directs the right path throughout
8. A car's windshield is large & the rear-view mirror is small because our PAST is not as important as our FUTURE. So, look ahead and move on
9. All things in life are temporary. If it's going well, enjoy it, it might not last forever. If it's going wrong, don't worry, it can't last long either
10. Worrying does not take away tomorrow's troubles, it takes away today's PEACE

Quote

*"Our problems are not solved
by physical force
by hatred
by war.*

*Our problems are solved
by loving kindness
by gentleness
by joy."*

The Heart of Buddha

Forthcoming Training – Europe

- **Cobh, Co. Cork, Ireland** - Saturday and Sunday 9th & 10th April, EFT Level 2 Training. More details here - <http://www.michellehardwick.com/news.html#cobh2>
- **Cobh, Co. Cork, Ireland** - Live Life Without Fear - Wednesday 27th April 2011 6.30pm-10pm. Fear is the biggest block to your soul connection and to having stronger intuition. Join us this evening to release yourself from the bonds of fear! The workshop includes a past life regression experience. Investment - Early bird investment €33 only until April 10th. From April 11th investment is €45. Limited numbers apply. Click here to pay for your place. Contact me on my Irish mobile number 0871 49 2338. Go here for more details and what to bring - <http://www.michellehardwick.com/hongkong.html#fear>
- **Cobh, Co. Cork, Ireland** - Saturday and Sunday 7th & 8th May, EFT Level 3 Training – More details here - <http://www.michellehardwick.com/news.html#cobh3>
- **Sandvika, Oslo, Norway** – 13-15 May 2011. New! Soul Connection Hypnotherapy Training. More details here - <http://www.hypnoseakademiet.no/?sideID=629>
- **Dublin, Ireland** – Live Life Without Fear - Sunday 22nd May 2011 2.30pm-5pm. Fear is the biggest block to your soul connection and to having stronger intuition. Join us this afternoon to release yourself from the bonds of fear! The workshop includes a past life regression experience. Investment - Early bird investment €33 only until April 15th. From April 15th investment is €45. A deposit of €20 is required to secure your place, limited numbers apply. Email me with your questions or contact me on my Irish mobile number 0871 49 2338. Click here to pay for your place. The workshop will be held in 'Oscailt' Integrative Health Centre, 8 Pembroke Road, Dublin 4. Go here for more details and what to bring - <http://www.michellehardwick.com/hongkong.html#fear>
- **Dublin, Ireland** – Personal Consultations in the Oak Room in 'Oscailt' Integrative Health Centre, 8 Pembroke Road, Dublin 4 on Monday 23rd May 2011. I am offering 2 hour sessions at a specially reduced rate of €111 for 2 hours.
- **Switzerland – Zurich** I will be available for personal consultations on 26th and 27th May. I will travel to Ascona, in early June for a few days.
- **Switzerland – Zurich** Also on 3rd and the 4th June 2011, I am available to run either do the 'Live life Without Fear Workshop (3.5 hours) and/or Soul Connection 1 workshop (also 3.5 hours). Please contact me if you are keen to attend or can help organise this event!
- **Inner Mystery Initiation in Bali** – 27th June to 1st July 2011. Thank you so much to everyone who emailed me with their interest. You really boosted my determination to do this! For more details please go to this link - <http://www.michellehardwick.com/assets/Bali%20Initiation%20June%202011.pdf>
To pay your deposit please go here <http://www.michellehardwick.com/store.html#bali>
- **Inner Mystery Initiation in Ireland** – I am delighted that one person has already paid their deposit for this experience! Join us on 10th – 15th August in Cobh for a combination of spiritual and emotional education & expansion; reconnection to your Soul, as well as visits to sacred sites and wells in the Cork area. More details here: <http://www.michellehardwick.com/assets/Ireland%20Inner%20Mystery%20Retreat.pdf>. To go straight to our shop to pay for your place please go here: <http://www.michellehardwick.com/store.html#ire>

Quote

*"The mark of your ignorance
is the depth of your belief in injustice and tragedy...
What a caterpillar calls the end of the world,
the Master calls a butterfly"*

Richard Bach

RESOURCES

1. **New Hypnotherapeutic Recording** – “Connection to your Intuition” is a new mp3 recording created by Michelle Hardwick and is designed specifically for these current times. It is filled with positive suggestions to enhance and trust your intuition as well as strengthening your connection to your soul and intuition. To purchase your copy, for an investment of £20, please go straight to this link and you will be sent your MP3 copy by email:
<http://www.michellehardwick.com/store.html#gen>

I will donate **£2.00** from every sale of my new MP3 recording to the **Canterbury Earthquake Appeal** to help those in Christchurch, New Zealand who have been affected by the Earth quake. For more details about the appeal or to donate directly please go to:

<http://www.anz.co.nz/about-us/canterbury-earthquake-information/donation-information>

Thank you everyone for your support!

2. **New Zealand Event April 2011** – The Miracle of Love for more details go to this link - <http://themiracleoflove.com/home/111-auckland-new-zealand-tour-al-diaz>
3. **Famous Past Lives** – this book will be published on 29th April and costs £8.99. Pre-order copies of the book signed by the author, my friend Steve Burgess, from his web-site: <http://www.famouspastlives.com>
4. **Tapping For Kids: A Children's Guide To EFT Emotional Freedom Techniques** http://dragonrising.com/store/tapping_for_kids/?EFT01
5. **Renting Gary Craig's DVD's** - <http://www.eftmastersworldwide.com/content/gary-craig-eft-dvds>
6. **Tapping away Illness, Pain and Disease with Lindsay:** http://www.lifecoachingwithlindsay.com/products/Pain_Illness_videos_confo.asp
7. **EFT Tapping Group in Hong Kong** – now meeting 1st Wednesday of April (6th) and the 3rd Tuesday of April (19th) Starting 6:30pm @ Guru Restaurant 13 Elgin Street, SOHO, Central. [Well done Jean for organising this!]
8. The next **EFT Gathering event** will be held in the Midlands in the UK on May 21-22 go to the following link for more details:
<http://www.emotionalbuzz.com/news/23062010midlands/index.html>
9. The **EFT Masterclass 2011** will be held in York in October 2011. More details here:
<http://www.emotionalbuzz.com/news/21012011masterclass2011/index.html>
10. **Last but not least my Final Tapping Tip in this series:**
“Even though I couldn't let go of the past, I allowed the past to hold onto me and have power over me, I actually gave my power away, and in spite of that decision I deeply & completely accept myself anyway” **x3**

EB – I choose forgive myself and all beings for any miss-thought, word or action that occurred this day or in the past

SE – I acknowledge that the Universe/God/Great Spirit has unlimited potential

UE – and all is transforming in perfect divine order in my life and at this time

UN – Healing is my birthright. Healing is a knowing from deep within that my true nature is spiritual

UBL - I now release all resistance to healing and health, the past has no power over me now

CB - I am the only person that thinks in my mind and I now choose thoughts that free me

UA - I trust myself to release and let go of all things, the past, all hurts, all judgments, all assumptions

Top of Head - I am powerful, safe and secure, I am free. I forgive everyone, I forgive myself, I forgive the past, I forgive all past experiences and by doing so I am free, and I set myself free!

EB - I connect now to the nurturing power within me which I use with discernment and grace

SE – I now take the time and the space to nurture myself

UE - It is time for me to receive what I need to support me

UN – In the past I have given out too much, creating an imbalance of the flow of energy

UBL – I choose to come into a state of fullness and balance, I allow myself to let go

CB- When I feel nurtured, I can nurture others, and I trust myself

UA – Through service, I now come to know the beauty of spirit and the joy of life

Top of Head - I forgive all past experiences and by doing so I am free, I set myself free!

EB – When I hurry and rush, I lose my creativity and I become a competitor

SE – I now **allow** things to happen and I make space for things to happen in my life, I choose to go with the flow

UE – I release the need to force myself, people, ideas, things and projects etc. to happen

UN – When I am busy and feel important - I am back in the place of my ego

UBL – My ego stops deeper more profound ideas from coming through

CB – I can feel joy while doing something useful

UA – I give without expectation, I create from a vibration of pure service now

Top of Head - I am powerful, safe and secure, I am free. I forgive everyone, I forgive myself, I forgive the past, I forgive all past experiences, and I set myself free!

Deep breath, and release, then have some water and feel the energy of freedom flowing through you now on all levels and dimensions!

Quote

*“Most people know many ways to feel bad
and only a few ways to feel truly good”*

Anon

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Connect to Us on **LinkedIn** <http://uk.linkedin.com/in/releasepeace>

Follow us on **Twitter** - <http://twitter.com/releasepeace>

Thanks for your support!

Warm regards everyone, bye for now

Michelle A. Hardwick

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Release...Peace

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