

spahealer

michelleHARDwiCK

writer Lucy Gregory-Roberts

Embracing technology and closing geographical boundaries, Michelle Hardwick travels the globe and the World Wide Web, employing techniques from hypnotherapy to Emotional Freedom Techniques to heal and teach her clients. Here she takes us on her journey from behind the counter of her parent's fish and chips shop and onto the spiritual world's stage.



"if you carry on like this you're going to have a stomach ulcer by the time you're 40." Spoken by her doctor these were the words that sealed the fate of Michelle Hardwick's career in the hotel industry and set her on the path to becoming a spiritual healer and teacher.

Born and raised in the UK, Michelle did not need any more persuading, she left her highly stressful job as a hotel manager and consultant and travelled to New Zealand where she fell in love with the people, the places and the relaxed pace. "After working in the stress producing hotel industry this was the complete opposite," says Michelle and as it turns out a life blessing.

Here she discovered hypnotherapy. "I found it so fascinating. I just loved it.

To harness the mind, release the blocks, achieve your own potential and be who you can really be."

With an awareness of alternative therapies from a young age (her Swiss mother was a believer in herbal remedies), she recalls, "instead of being in a stressed environment, I wanted to find a way to release the stress and help others to do the same." She became a certified hypnotherapist and set up her own clinic near Dunedin in New Zealand.

"I just want to help people achieve their goals." This desire and her passion for knowledge eventually led her to Emotional Freedom Techniques (EFT). She is now a certified EFT Practitioner, International EFT Trainer and has completed her Advanced Practitioner Training with the founder of EFT Gary Craig.

With the aim to bring balance, freedom and empowerment EFT combines healing methods from the East and West to target the root of a difficulty or pain, from serious diseases, to everyday ailments and personal performance goals.

According to Michelle, an advantage of EFT lies in the way it can be practiced. "EFT opened a whole new world of possibility. Initially it was my belief that I needed to be with a person, have the location, the whole set up to have a business, but EFT blew that out of the water. It can be done over the phone or the internet and I began working with people all over the world."

Comparing her work to that of a guide dog, Michelle believes she stands beside her clients offering support through periods in which they may be 'blinded' and her passion for her work is clear. "To have people opening up and trusting me with things they have not told anyone for 60 years is an incredibly humbling experience. I love the skills I have learned and I wouldn't be here without them."

Now based in Wales, Michelle continues to heal clients worldwide in person, on Skype and over the phone. She has travelled across the UK and to India, China, Hong Kong and Australia healing and teaching EFT to doctors, therapists and practitioners school teachers, families and individuals. "That was my dream: Travel, have my laptop and sit on a beach somewhere" she jokes. This is a far cry from her stressful days as a hotel manager.

"It all just started to take off," Michelle remembers, and it does not appear to be slowing down. "I still want to learn more. Keep stuff fresh and new and share as much as I possibly can." Plans are in place for an integrated Yoga and EFT program and Michelle is creating a maintenance program for those who have completed Level three EFT training. She is off to Canada next and will return to Asia in November where she will be a visiting practitioner at the Shakti Healing Circle in Hong Kong. www.michellehardwick.com, www.shaktihealingcircle.com