

I had been working & living in the Hospitality Industry for 3 years in Beijing, in the early 90's. It was a fantastic experience and while it was a hard existence living there, I also loved it.

Then a new job opportunity presented itself in Otago, New Zealand in 1995. I jumped at the chance to travel to a new culture.

The organisation in Dunedin that had hired me, were not able to produce what had been promised in the contract and so after 3 months trial I quit. Luckily I was able to find another position quite quickly and began a part-time job as a Hospitality Consultant.

I was pretty burnt out after my experience in China, and decided it was time to begin changing my career from one of "high-stress" to one of "stress-release". I made a step to follow what my guidance had shared with me and that was, to learn Hypnosis while working part-time.

I totally enjoyed every moment of my studies with Roger & Sue in Auckland and became qualified. From the late 90's I worked as Hypnotherapist, successively integrating NLP and EFT (the Emotional Freedom Techniques- 'tapping') into my work at my clinic in Dunedin.

In 2007 the relationship with one of my 'soul mates' came to an end. I made the difficult decision to leave. I decided to go home for a short while to be with my family who are mainly based in Wales. I was to attend my niece's wedding and celebrate my sisters' 50th Birthday party. I also needed a holiday and some nurturing. I was going through deep, challenging issues at the time. I was filled with doubt, fear, and uncertainty. I questioned my decision to leave the relationship.

Just before leaving NZ to go back to Wales in July 2007, I arranged to reconnect with a group of EFT enthusiasts who I had previously trained. They were based in the small farming community called Gore, in the South Island. My intention was to share more EFT tools and techniques with them before I left. I felt this group was part of my "spiritual family" and I was very excited at this prospect of reconnection.

While there I went to a second hand shop. Browsing the old books I found a copy of 'Only Love is Real' by Dr Brian Weiss. Loved the title, it spoke to me - especially in my current situation. I knew there was no coincidence that I had found this treasure. I decided once I completed my work in Gore, I would read the book on the long journey back to the UK. I could not put it down, I loved it's message.

I was immediately touched by the stories of his clients' and so much of what Dr Weiss shared made total sense to me. It gave me more clarification about my recent relationship difficulties and gave me hope. This was my first 'nudge' from the Universe to explore Past Life Regression, which up until that time had not resonated with me. A seed had been planted.

I had used EFT 'tapping' on myself throughout this relationship challenge. I had tapped on various aspects, got to a number of core issues and released them. I had let go of lots of emotions, feelings, beliefs and yet I still felt powerless and unable to let go. I was getting more and more frustrated with the fact that I could not move on. What on earth was holding me back? Why was I unable to release this? It didn't make sense. I had had endless successes using EFT with my clients and yet, in my own current situation I could not free myself.

The more my ex and I were in contact while I was in Wales, the more painful it became. I asked my guidance what I could do next. They told me that I had tapped on everything in this life and it was not in this life anymore. I had to go back and explore my past lives.

I contacted a close friend who had been a successful Past Life Regressionist for many years and whom I had met at an EFT Advanced Training in the EFT Founders' home in the US 2003. I asked if he could help. Indeed he could. I made the trip from Wales to Hull and spent a few days working with Steve.

I was blown away with the outcome. We explored so many emotions, experiences and decisions in the past lives I had had. We uncovered 9 lives where I was connected to my ex in various ways and roles. In each of those lives, I had been hurt/killed/betrayed or other family members including my dog had also been killed by my ex. (I realized in my previous existences I must have been a 'baddie' too - for him to do all that to me in those lives! My karma hopefully now re-paid!)

After the sessions I felt exhausted and yet free. Something had changed deeply within me. I also had no fear or anxiety in my stomach (which had been an issue for many years and something EFT Founder Gary Craig had been unable to clear for me back in 2003). It was as though some hidden link and tie which had kept my ex and I bound together - yo-yoing back and forth - in and out of this dysfunctional relationship, was now broken; completely severed. I was free. I stopped all contact with him and began the journey of healing myself.

I understand now why EFT had not been able to fully clear this feeling. The experience of Past Life Regression was part of my souls' evolution and growth. I had to make this journey of discovery not only for myself but for my future clients and students who would later be attracted to working/studying with me.

So this experience with Steve had a profound effect on my life and I wanted to learn more. I began to buy more of Dr Weiss's books and gorged myself on them, becoming more fascinated as time went on. I realised this was a very powerful key to my personal growth and evolution. I felt strongly that I had to meet Dr Weiss thank him, and also study with him.

Thank goodness for Google.

I found that he was teaching in the summer of 2008 and that he would be at Rheinbeck, in New York State, US. It was April and I contacted the centre full of hope and enthusiasm. I was told that the course was already fully booked and had been since last year! I felt my hope dashed but I knew in my heart I needed to be there. The staff at Rheinbeck told me I could enrol for the 2009 course instead. Not a chance - I needed to be there this year. I later received an email follow-up from Rheinbeck administration, informing me that I was now on the waiting list and that I was in second place. Wonderful! My hope returned, and I knew I was on track.

I checked with my guides through an Angel reading about making the trip. Yes it was safe to go; yes I would get a place or alternatively I could just show up. So I made my plans. I booked a flight praying each evening that two people would have to pull out under 'pleasant' circumstances.

I had facilitated numerous workshops too, and I knew that spirit moved people in incredible ways - sometimes to attend and sometimes not to attend, so I trusted all would be ok.

As time went on I heard nothing. My flight was now booked and paid for. I worried a little. Rheinbeck would not book accommodation for me as I had no place on the course. I felt that it was all still meant to be and that I was meant to go. I contacted Rheinbeck again, I was still second on the list, nothing had changed, no-one had cancelled. Strange I thought. I tapped some more.

It drew closer to the time that I was due to leave for the States. I decided I would make the journey anyway; after all I had paid for the ticket and there would be no refund.

I knew and had personal experience that even on the day of a workshop some participants cancel for various reasons as guided by their intuition/Spirit/Universe. I comforted myself with this fact. My guides assured me it would be ok. Not to worry. All would be well.

I boarded the budget airline (which later after my return went bankrupt!) and flew for 7 hours to New York. While on the plane we experienced a lot of turbulence and I tapped to release my fears. Was I still meant to be on the plane? I began to doubt myself. As we neared the States, we were told by the captain we would not be able to land in JFK as there was a thunder storm (which had been ongoing all day) and now they were experiencing lightning. Visibility was minimal. I prayed and tapped. We circled NY for a couple of hours. Initially we were told we would be taken to another airport (which was far away). This changed when we began running out of fuel. I tapped for a safe landing *soon*.

The clouds parted and we were able to make it to the runway and land. Hooray! We were the first plane to land the whole day! JFK airport was empty, no people, no baggage, no-one in customs, no queues for immigration, the entire place was almost silent. It was weird and unbelievable. I thanked my guides and tapped on how happy I was to have this wonderful sign - I was meant to be there and now I was speedily going to get myself to NY city – albeit over 4 hours late.

I boarded a bus to the train station in NY City. But it was now rush hour and we took a lot of time to get to there. Finally we arrived. I was also able to get food & some drink (as little had been available onboard due to turbulence). I bought a ticket and met a group of travellers from the bus who were also taking various trains and who kindly guided me in to what to do and how to do it. This train station was enormous!

I boarded my train. The next leg of my journey took forever, as I half-slept not knowing when I needed to alight. Finally at roughly 11pm we stopped at Rheinbeck train station. To my horror, it was in the middle of nowhere! It was similar to arriving in the middle of a field and it was pitch black.

The first taxi driver I spoke to (and there were only two there that night) said he wasn't going to Rheinbeck and was waiting on someone else. He suggested I talk to the other driver who was currently chatting on his mobile phone. The driver finished his call and I asked if he was headed for Rheinbeck. He was. Phew. How lucky was I? I asked if he could take me. He said he would have to check with the two people he was waiting on who had reserved a taxi for themselves. Eventually the two ladies arrived and I asked if I could join them and split the fare. 'Of course' they said. I thanked my guides - what a blessing! We chatted a little in the taxi.

A little after midnight, we arrived tired and weary at Rheinbeck reception. I was unsure what to do next. I allowed the ladies to unload their baggage, and to check in first. I knew I had no reservation and had no clue as to the next step. They were given keys and the person checking in said he would be with me in a moment.

I waited on tenterhooks.

He asked my name, which I gave him. He began to search a number of documents and files. He continued his search intently, even though I knew he would not find my name, or booking. I was so full of anxiety that I was dumbstruck, didn't even think to tap. After a long period of searching, he said that he could not find my booking (no kidding!) and this problem would need to be sorted by the main office which was now closed. He asked if I could return in the morning to resolve the situation. I whole-heartily agreed I would.

There was one basic single room still available with shared bathroom facilities, which was absolutely perfect for me. Again thanks to my guides.... He handed me the key and a voucher for breakfast (I realised I had no food with me and would definitely be hungry in the morning).

Tired, relieved and incredibly grateful for everything, I found my room in the wonderful grounds. I showered and slept heavily 'til the following morning.

On waking, I felt incredibly guilty and fearful. I thought about the deceit. I tapped confirming that I was meant to be there even though I had no reservation. I made my way to the food hall and had an incredible, sumptuous vegetarian breakfast and I felt a little better.

It was in the food hall that I met Jennifer.

She asked about my booking and reservation. I confided in her that I had none. She said how brave I was. I said that it felt more like stupidity now - however I had felt I needed to be there and that was it. She told me where the workshop was being held and what time it was due to begin (as my plane had been delayed I had missed the pre-talk into the previous evening).

Later I made my way to the Hall. I sat in the back row with Jennifer. I was still feeling guilty. I had a feeling of dread that I was about to be found out as a fraud. Dr Weiss's wife came on stage first. Then Dr Weiss followed. He came across as so compassionate and humble. If I remember rightly he spoke about various housekeeping requirements, did a gentle relaxation & demo and later he asked each of us to share our journey's as to how we had arrived at this workshop and training. I began dreading my turn.

I was half listening to the members of the group. I was panicking and thinking to myself 'what on earth am I going to say? How could I avoid this public humiliation or shame?' I couldn't leave and I needed to be there. We were only at the second or the third person sharing their story. There were over 100 people there. This was going to be sheer agony. I started tapping...

The next participant expressed how lucky they had been. I was still only half listening – still in fear. They said they had been about 10th or so on the waiting list, and had been telephoned by Rheinbeck staff. They shared how grateful they were for this opportunity. Initially I thought hadn't heard properly and dismissed the information. I began listening more closely to each persons' story after that. There were many people there and their stories were incredible and amazing.

After a few more people had shared, someone else in the second row or thereabouts said they had been 30th on the waiting list and they had been called by Rheinbeck and were also delighted to be here. I did hear correctly! I began to wonder, what had happened to my call. Did they have my phone number? Of course they did - I had duly filled out the website form, and they had my email address too.

As we went through more participants' stories, it became clear that other people who were after me on the waiting list had been given an opportunity that I had not. Now I was starting to get a little irritated and began to wonder 'how come they had been called and not me? Was it because they were closest to Rheinbeck in location? What on earth was the method these other people had been chosen by Rheinbeck before me - pendulum, intuition or what??'

Then to top it all - the person who had been **first** on the waiting list stood up and shared that they too had been called and offered a place. I was flabbergasted. Now I became really angry and my ego was up ready

for a fight. I was *second* on the waiting list and so *I should have been* the next one to have been called up! 'Why was I not called?' I screamed inside my head. I could feel anger mounting. All I could focus on now was the fact that I was second on the list and I should have been called.

By the time it came to my turn after having heard all the other stories, many more people had been on the waiting list too and had been called up - but not me. I was now furious. Fuelled by ego and anger I decided instead of giving some half-baked story about being there, I would tell the truth.

I took a deep breath, stood up and began blurting out 'My name is Michelle Hardwick. I live in New Zealand. Actually I was second on the waiting list and I NEVER got called. I felt that I needed to be here and so I came anyway. I followed my guidance. I am sorry Dr Weiss I have not been enrolled, nor have I paid and I can & I will, but I have travelled here to be with you and to train with you. I just knew I had to be here and that's all!'

At this point it felt like everyone had turned around and was staring at me. I was so furious I didn't care! At the end of that session I was approached by many saying how courageous I was and that they had been astounded that I had done such a thing with no reservation and no confirmation. I had read in their faces a different message - that I should not have been there and what a cheek I had, to just turn up!

Dr Weiss however was so gracious. He said calmly "welcome Michelle. It's wonderful to have you here and thank you for coming. Go to the office after lunch and let them know that I said it is ok for you to enrol now, you can pay there, and be registered."

I mumbled I would, and sat down in shock. I had expected a fight – or at least a little humiliation. But got nothing just acceptance. I was so grateful for his kind and gracious response. What a Master. Jennifer gave me a warm look and squeezed my arm and I felt supported and encouraged.

During lunch other people came up to me to say how my story had been an inspiration for them. In the moment of my sharing, I had felt totally foolish. Yet here was confirmation of something else. I felt so blessed.

The rest of the training went magically. Every day that week we experienced two past life regressions, one in the morning and one in the afternoon ; I shifted and released many things. Some of the regressions were very profound for me and one linked in directly with my time in China:

During that regression facilitated by Dr Weiss, I uncovered a lifetime where I had been a helper and student of a Goddess. Her name was Qwan Yin, the Goddess of Compassion. I immediately knew her and recognised her energy signature. I was overwhelmed with joy in the regression to see her, to feel her energy and to be with her again.

It became clear as I relived that life that I had lived a very peaceful experience with Qwan Yin. I had spent a lot of my time around her, studying and being in her energy. When I was about to die in that life, she came and stood beside me while I was lying on my death bed. As I was going through the transition of dying just before my soul left my body, she placed her hand gently over the centre of my chest. I felt a golden light and energy expand through my whole heart. The feeling was extraordinary – like I had come home. I wept. I felt so much peace and love. She said to me in the final moments of that life, that 'she would be forever with me, in my heart, for the rest of my days and for eternity'. I was overcome with emotion. It was a very

powerful experience that day and one that still moves me to tears. Re-experiencing that life re-ignited the feeling in my heart too. It was so beautiful. I felt like I was floating in a perfect dream state.

The regression was then brought to a close. We were allowed time to integrate. The understandings I gained after it were incredible:

1. I felt I had been searching for the same deep companionship, friendship, understanding, gentleness and peace my whole life. It was not a dream. I had already experienced it in that existence and now I had proof that this kind of relationship was possible in this life too.
2. My inability to let go of my last ('soul mate') relationship in NZ made sense. I still wished and hoped that we could have had a similar connection to that which I had experienced with Qwan Yin. But it was not to be.
3. I began to understand the 3 years I had spent in China. How I had loved the Chinese people and their food, felt at home there, had picked up the language relatively easily, and how much I adored exploring the old parts of Beijing (not the new high rise buildings).
4. I had been brought up a Christian in this life. I later felt little resonance with some aspects of the Christian faith. But I had images and statues of Qwan Yin everywhere, since living in China! It was like a dormant part of me had been re-awakened. However the understanding and connection had not been made in my heart, mind and soul until that regression with Dr Weiss.
5. Lying there in the Hall after the regression, I reflected on the fact that Jennifer was Chinese/Canadian and how comfortable I felt with her. Two of my best friends in primary school in Rhyl, North Wales where I grew up, were Chinese male twins. It all made sense - as did my deep connection with the Goddess Qwan Yin.
6. I understood why I had been totally drawn to this Goddess. She had vowed to remain on Earth and not ascend, until all beings on Earth experienced compassion in their hearts. This was her mission. My work in this life involved the combination of EFT, NLP, Hypnosis and other spiritual tools. I instinctively knew very early on when working with clients that for deep healing to occur at a profound soul level, there had to be compassion and/or forgiveness not only of others but also of self.

So many threads began to come together in my mind in an extraordinary way that day. This experience shone a new humbling light on tapestry of my work, life and existence(s).

Writing up this experience now in 2010, gives me further opportunity to reflect. Today, I have gained another insight and even more clarity about a recent life situation which involved another relationship. This was with a very gentle, kind man from Ireland. Even though it was not the right time for either of us, it fully explains my difficulty in letting him go – at times he had held the same energy signature I had felt during that regression.

It also explains my constant search for this type of energy, connection and relationship.

This experience - indeed the entire week of training with Dr Weiss - proved to be of enormous personal and spiritual value. In my work I could see how the addition of Past Life Regression Therapy could and would

make an incredible asset to my therapeutic tool box – which it has, when I feel drawn to use it. I have continued to experience Past Life Regression in my own life as a way to profoundly release, evolve and grow.

During that week I made many friends and felt very proud to be part of an amazing group of people. There were countless gifts I received during that time.

What is also interesting is that I am back in China again. I am currently writing this while visiting Shanghai. I visit twice yearly teaching EFT with other spiritual techniques. When I received the email from Dr Weiss a while back, I knew I had to write up my experience and yet I have had neither 'time' nor 'space' in my schedule to be able to do so. Luckily I had no clients today and so a free day opened up. I felt strongly when I woke up this morning that now was the time to sit and write. Thank you, because writing this up today has provided another deep healing experience for me.

I am about to embark on a new journey, developing and teaching courses of 'Ascension Tools for the EFT Practitioners'. These will include a number of spiritual techniques including, of course, Past Life Regression. I feel strongly I am being guided by Qwan Yin, who I know is with me now, always and forever...

I would like to thank you, Dr Weiss, for allowing me to attend, despite the fact that I wasn't enrolled and for facilitating and uncovering this existence. I am grateful that your skill and tools have exposed this link within me, with ancient China, the Goddess Qwan Yin, my journey and my work.

I am also very grateful to all the people and beings; known and unknown; who helped me get to the training safely and on time. I share my deepest gratitude to the group of 2008, the Rheinbeck facility, its' practitioners and staff; and last but in no way least - Dr Weiss; Mrs Weiss and his daughter Amy for this powerful opportunity.

With warmest regards

Michelle A. Hardwick

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