

NEWSLETTER from Michelle Hardwick at Release...Peace ~ January 2011

In this Newsletter:

- Note from Michelle
- My Bali Experience
- Triggered on Bali
- New Programme of Initiation
- New Year Well-Being Tips
- Forthcoming Training
- Resources
- Kind Feedback

NOTE from MICHELLE

I do hope that you had a special time over Christmas too with family and friends or whatever you were doing.

Happy New Year (well almost!) I hope this New Year, 2011 will be a truly perfect one for you all. May all the new endeavours that you undertake be blessed and filled with divine joy, peace, success and happiness (in whatever form that takes). I hope that all your dreams and desires begin to manifest the way you wish for them and the way your soul has designed them for you.

I look forward to seeing and connecting with you all in the New Year!

A Seer friend from Hawaii, Sapphire Moon, (who kick-started my journey into spirituality with a reading I had with her while on holiday there with another friend Yvonne many moons ago when I was working in Beijing), emailed this information today and I would love to share this with you all:

“The number **2** represents the self and the creator in the white light of innocence. **2** represents the qualities of Taurus working with others in cooperation to manifest heaven on earth once again. **0** is the circle of life and the infinite possibilities when there is universal love. **11** is the master number that literally is a doorway to an entirely different celestial reality, seen only by the macrocosmic self. **11** is the astrological position of double Aries, when we are completely surrounded by the angels. The colour red symbolizes the Ego as the red bull surrendering to what is fair and just for the highest good.”

Wow, feels like an amazing year and we haven't even begun yet!

Quote

*"We will open the book. Its pages are blank.
We are going to put words on them ourselves.
The book is called Opportunity and
its first chapter is New Year's Day."*

Edith Lovejoy Pierce

MY BALI EXPERIENCE

I am sending this newsletter out early from my holiday location in beautiful Bali as I don't feel I shall have enough time/internet connection until 10th January 2011 and I wanted to share this with you before the New Year begins so at least when things

quieten down you will have something to read lol! (When does it ever quieten down – sometimes I wonder?)

It has been a very interesting time for me to have a holiday. This is the first time in my whole life I have been alone with no family/friends/partner/husband to accompany me to a brand new place. I hadn't actually given it much thought as I had been so busy travelling/working in Asia.

It was only when I arrived here that it hit me like a tonne of bricks! It kind of freaked me out, to be honest. The first thing was to get my head around having to do nothing – no agenda, no training, no consultations...nothing– nada. Except relax. No one needing me or wanting me or expecting me to do anything. Now there was a challenge!

Then I began to wonder what to do? It took me a few days to settle into this new 'routine' or lack of routine, and one day on the beach my guides transported me back to the past.

All my old frustrations of holidays with people (when I was a feisty teenager/young woman), who after the proverbial 3 days began to irritate me. How I had longed at those times to be alone. Well here I was ALONE – I had gotten my wish – some 20 odd years later, but here it was! How to deal with it was the next 'challenge/project'. Here I was in Paradise not able to take the beauty in, because of my feelings of isolation.

So I have been taking it step by step and now I am loving it. Sometimes I have been on tours, other times, uncovering places alone. Now I have let that go, I am meeting more people again and it's great. All in Divine Timing and magical. Now I am at peace with the aloneness, the next step is to join with a group of new friends (10 of them) for 3 days over New Years. Wonder how I will feel with so many people around me. No doubt I will go with the flow (not like when I was in my teens/20!!)

And of course I was gently reminded by my guides - that I am never alone! They are always with me...forgot that one for a little while! Relax, no surprises, and complete trust – those were the messages of the trip for me!

PS - Please go to my website or my Facebook page (Search for Michelle A. Hardwick) to see more photos of my trip in Bali.

Quote

*"No friend have I,
I must live by myself alone;
but I know well that God is nearer to me
than others in my art,
so I will walk fearlessly with Him"*

Ludwig van Beethoven

TRIGGERED ON BALI

I was triggered when I landed in Bali. The transportation – well the driver I had arranged had decided not to wait for me. He had driven home without me (I was told that he finished at 9pm anyway).

So in pouring torrential rain I walked around the airport, going back and forth to information to announce my arrival. No-one came. (A wonderful metaphor for me - life continues on as normal despite my arrival!)

Because I was so sure that everything would work as it normally does when I am travelling, I did not have the phone number of the place I was going to, no website, no name, nothing. I just 'expected' to be picked up and whisked away to my destination, so that I could shower and recoup from my flight and the last few months of work. Not so.

My laptop batteries none existent, no power anywhere in the airport, an astronomical fee to connect to the internet, no-one knowing or recognising the name of my accommodation, no internet in the information booth, no change for a phone, the list goes on & on. Everything was stacking up and it didn't feel comfortable.

My old fear set in. I was also exhausted and really in need of more sleep. I had slept all the way on the flight from Penang to Bali (about 3 hours straight) and consequently missed all the arrival documentation, so my arrival was hugely delayed while I got all the necessary forms, paid my entrance fee/tax until I finally had da-daaa 'arrived'.

I am grateful to a taxi driver who had watched me go back and forth for 90 minutes who then 'came to my rescue'.

Thank you to the kind soul!

He showed me a power point in a small shop, so I could fire up my computer. I got the name of the B&B place but still couldn't connect. I decided to go to a café and managed to meet a lady who was already online and she found the place immediately. I then went to information and eventually she was able to put a call through from me on her mobile.

I was then told that I was not at the airport (I beg to differ!) and that my driver had returned home. He had been waiting there and I clearly was not there. It seemed that this was my fault! Another trigger!! Ha-ha

He instructed me to get a taxi and that half the fee would be paid by the B&B. He told me that the average cost should be around 150,000.00 Indonesian Rupiahs. My 'knight in shining armour' who had helped me so much was still waiting around. I asked could he take me, he said "yes". I asked how much it would be. He replied 250,000.00. I declined and he was pretty upset. [Not as annoyed as I was - being THAT ripped off!]

I found another guy who agreed to take me for 100,000.00 Rupiahs and then when he spoke to the guy from the B&B to get the address/location - the price had gone up to 150,000.00 Rupiahs. By this time I was past caring and agreed. There was torrential rain, thunder storms, and the roads were flooded. I have not seen rain like it. I was glad we were off the ground in a 4x4 RV.

Welcome to Bali the signs proclaimed. 'Yeah right' I thought.

I was already complaining in my mind to my guides about 'what on earth am I doing here?' I was feeling very grumpy from lack of sleep (not a good look I can assure you) sitting in a taxi in huge traffic jams as the rain lashed down. Finally after about 90 minutes we arrived at the B&B. Again not as I expected.

I had been looking at a website called "Villa Purnama" and the place I managed to book was "My Villa Purnama" a small difference, in name but when you check the websites you will see what I mean. A different league. Nothing was as it seemed even the photos looked different from the real thing.

To my surprise, when I paid, the driver then demanded a tip. I was already not in a good space. So I told him he had agreed to take me for 100,000.00 Rupiahs and that I was now paying him 150,000.00 Rupiahs - so if he was wanting a tip- there it was! He was pretty annoyed. He wasn't the only one!

I then went into the B&B, there was no-one there to greet me/welcome me or show me to my room except a non-English speaking person who opened the door to my 'place'. I think it might have something to do with the fact that after the first phone call with the

B&B of my being blamed for not being there, I had become a bit irritated then. After that I had to call up again to the B&B to get directions and the actual address (remember I had nothing with me). It was then that for the first time in my life – instead of swallowing my anger/tapping on it/(or worse still letting rip to the person closest to me who had nothing to do with the incident), I expressed clearly how I truly felt to the right person.

Hurray! I am still learning!!

So that's why I believe no-one was there. Finally a guy smelling of cigarettes (I think he needed a pacifier before he dealt with this raging/complaining English woman) knocked on the door.

I naturally expressed my frustration/disappointment again, and it felt really good. I was not aggressive, nor negative towards him, I just stated how I felt and why I was unhappy. I said that there had been no apology from him and that all the blame had been put to me. I took on my part of it - I was not prepared and was tired; however I said I would have liked an apology. I got one too.

And he asked what he could do to make it better, so I said take the entire taxi fare off my hotel bill and I would be happy. And he did.

Bingo – result. Ask and ye shall receive!!

So for the next few days there, I slept. Recharged. I met with the owner again and we got on really well. I also got used to the powerful energy in Bali; the humidity, the huge downpours, the flash flooding. At least the rain was warm.

As I came back to balance - I also got over the fact that I was not in the 'middle of a rice paddy' (there was traffic and construction everywhere); not at an 'idyllic quiet place' (there were dogs barking all night and fireworks going off 24/7)... but I took responsibility that I had made the booking and decided to make the most of it.

I took mini-tours with a guide and loved them. I began to relax....

Then on 22nd December I was able to move to a clean villa (thank you Maja) – which is an absolute delight with a lap pool, kitchen, lounge, tv, pool room. It's a short walk to the beach, with peace and quiet and SPACE. I have been here ever since. Bliss!

So what was the hidden gift(s) with this for me? What have I learned?

- ♥ Inform the airline crew I will be sleeping and to leave me all the necessary documentation for arrival
- ♥ To still be prepared - despite trusting 100%
- ♥ Not everyone is not the same as me – if I commit to something I usually do it
- ♥ That it is good to express how you feel constructively – people do listen and you can get good results
- ♥ The negative energy ripple effect: I wasn't feeling good, I managed to make myself very grumpy with my expectation, I managed to upset the taxi driver and the B&B staff too
- ♥ To check websites and have the right details & not to have expectations (!) especially where website hotel pictures are concerned
- ♥ And last but absolutely not least –not to run myself down to the ground so that I am not 'almost dead energetically' on arrival in a new place! That I can still cope with the unexpected and go with the flow.

Had I been more rested I doubt this would have happened. But I also feel there are no coincidences and that all was meant to be the way it was to trigger me and give me an opportunity to change and grow. And I used this situation to do that and reflect on myself and what I do. I have decided to change this pattern and look forward to sharing the results in the future!

<http://www.michellehardwick.com/newsletter.htm>

Quote

"I am not in this world to live up to other people's expectations, nor do I feel that the world must live up to mine."

Fritz Perls

NEW PROGRAMME OF INITIATION

While I have been in Bali there has been a lot happen energetically for me. There have been new downloads of energy and lots of new information have begun coming through. Am glad because it has been getting close to me teaching/channelling the new material. But I was clearly not in the place/space to be able to do that.

I am sure you are already aware this new work is very much in the developmental stages and now that I am working with it more fully it feels very exciting and very new. I am told this is now the work I am meant to be doing – so it's now for me to channel more and create new workshops/consultations/curriculums so that more individuals/groups can experience new levels of inner and outer connection with themselves, their truth, their trust, to God/All there Is/Source – in a way 'going home to Self'. Work I feel very blessed to be able to do and facilitate.

NEW YEAR WELL-BEING TIPS

I read this a while back and thought it very useful. Hope you find it helpful too:

1. Eat breakfast like a king: quality protein, eggs, porridge – keep your blood sugars stable until lunchtime
2. Bring nature to work: plants, flowers, rocks, crystals, or pictures of your favourite scenes
3. Keep hydrated: 1.5-2 Litres per day. Include hot drinks – hot water & fresh lemon & ginger; herbal teas; spring water. Keep caffeine to a minimum
4. Take a stretch every 45 mins.: move away from your desk, raise your arms above your head & inhale deeply, lower arms slowly as you breathe out, repeat 3x. Consider doing Yoga classes
5. Eat lunch like a prince: always have protein, never just carbs, with salads or veggies. In winter take homemade lentil/veggie soup in a flask
6. Eat **before** you are hungry: eat sustaining snacks like nuts, fresh fruit, avocados, oatcakes & nut butter & miso soups, nut & seed bars
7. If you're feeling constantly stressed: try Rhodiola Rosea (adaptogenic herb) along with Vit B complex with extra Vit B5
8. Consider Barley Grass & mixed with apple juice: healthy afternoon energy lift, with 100's of nutrients, enzymes. It's alkalising, detoxifying & great for digestion, skin, hair & nails.

Thanks to – **Julie Hotchkiss** for this valuable information!

Quote

"My own prescription for health is less paperwork and more running barefoot"

through the grass."
Terri Guillemets

For more details go to my newsletter -
<http://www.michellehardwick.com/newsletter.htm>

FORTHCOMING TRAINING – ASIA

- **Penang, Malaysia** at the Lifeworks Centre from 4th-6th January. I will be offering private consultations and the new work called "Soul Connection Evening". More details can be found at this link:
<http://www.michellehardwick.com/news.html#Pen>
- **Hong Kong: EFT LEVEL 2 Training in Cantonese** (in English with Jovy as our wonderful translator) on Friday 7th, Saturday 8th and Sunday 9th January 2011 9.30am-6.30pm each day at the House of Light. For more details go to this link:
<http://www.michellehardwick.com/news.html#cantonese>
- **Hong Kong** - EFT Level 2 Training in English (last time I will run this course in Asia) during the week this time - January 12th and 13th from 9.30am-6.30pm (both days) at the Shakti Healing Circle. Go to
<http://www.michellehardwick.com/news.html#HKLv2> for more details
- **Singapore** – 15-25th January at The Sanctum. More details about what's available here <http://www.michellehardwick.com/news.html#sing>
- **Hong Kong** - EFT Level 3 Training. January 29th and 30th from 9.30am-6.30pm (both days). For more details about the EFT Level 3 training in Hong Kong contact the Shakti Healing Circle. (This will be the last time I will run this course in Asia). More information at this link: <http://www.michellehardwick.com/news.html#HKLv3>

FORTHCOMING TRAINING – EUROPE

- **Cobh**, Co. Cork, Ireland - Sunday 6th March, final EFT Level 1 Training. More details here - <http://www.michellehardwick.com/news.html#cobh>
- **Cobh**, Co. Cork, Ireland - Saturday and Sunday 26th & 27th March, EFT Level 2 Training. More details here - <http://www.michellehardwick.com/news.html#cobh2>
- **Cobh**, Co. Cork, Ireland - Saturday and Sunday 7th & 8th May, EFT Level 3 Training – More details here - <http://www.michellehardwick.com/news.html#cobh3>
- **Oslo, Norway** - 29th April - 1 May 2011. New! Soul Connection Hypnotherapy. More details will be available shortly.

To read more go to my newsletter <http://www.michellehardwick.com/newsletter.htm>

Quote

*"A good laugh and a long sleep
are the best cures in the doctor's book."*
Irish Proverb

RESOURCES

- **Hong Kong Catch Up – Thursday 27th January 6pm.** I will be in HKG and would love to catch up with you if you are in town. We will be upstairs in the

room above the restaurant. Come to the Indian restaurant 'Guru' at no. 13, Elgin Street, Soho, Central (the one we went to in November 2010).

- **Sharing New Years Gifts** - I found this beautiful quote – sorry not sure where from - but as we go into the New Year I was contemplating all the gifts I had received in 2010 and have been so grateful for – new friends, new apartment, new country to live in, new views from my apartment window, new opportunities, new connections with my family and soul family, new foods to try, new cultures to experience, new tools to share, new workshops, new experiences with clients with my new tools, I have so many things to be thankful for. And as I look to 2011 I welcome all the new gifts and opportunities awaiting me too. I shall use this message as a compass to guide my actions in the New Year too:

*"To your enemy, gift forgiveness.
To an opponent, gift tolerance.
To a friend, gift your heart.
To a customer, gift service.
To all, gift charity.
To every child, gift a good example.
To yourself, gift respect."*

- **Tapping Tip** - Thanks to Allasonne from the UK, who shared with me recently "My latest tapping tip is: 'I give myself permission to be happy!' and you know what? She says 'it works!'" Thanks Allasonne! Tap using the shortcut with this statement as your reminder phrase. Enjoy...

Quote

*"Each morning when I open my eyes I say to myself:
I, not events, have the power to make me happy or unhappy today.
I can choose which it shall be.
Yesterday is dead, tomorrow hasn't arrived yet.
I have just one day, today, and I'm going to be happy in it."
Groucho Marx*

KIND FEEDBACK

My Past Life CD

"Last evening I listened to your past life exploration CD. I got a date (1625), saw the person(s), got a name and visualized the death. Cool thing was when I was done I Googled the name I was given and the date. It showed up in someone's family tree as the oldest daughter in a family of five in the early 1600's in England. It fit the image I had been given."

My New Teaching Direction

"I wanted to tell you that I am very excited and thankful about your decision to do new courses. To teach us more. I was often thinking how great it would be to learn from you more, to learn more than EFT. You know so many things, I feel more and more that EFT is great but not enough. Even my work with clients tells me that. Now I have client who is going from one therapy to another for over 35years trying to get better. I am using everything I know and not only EFT with him. Anyway I am very very very happy about your decision :-)"

Thank you for your kind comments and for taking the time to write.
Take care everyone. Bye for now and **Happy New Year to you all!**

Warm regards

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Time line & NLP Practitioner

Release...Peace

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