

**NEWSLETTER from Michelle Hardwick of  
Release...Peace ~ July/August 2011**

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**NOTE from MICHELLE**

Hi Everyone!

I hope you are enjoying your Summer (or Winter in NZ/Oz). We have had some beautiful sunny days here in Ireland. It is great to be back.

However, the sad situation of what happened in Norway gave me lots to think about. I wanted to focus and spend time sending love, light and oneness to the people of Norway and their land. I look forward to returning there in December and doing what I can while I am there.

Thank you for your patience regarding the lateness of this newsletter. I have not really known what to write these past few weeks as I am still processing the Bali Inner Mystery Initiation.

Things have also been incredibly busy for me personally in Ireland. I arrived back from 5 weeks in Asia mid-July. Even I had trouble keeping up with myself (!); my plans and other peoples' arrangements. It has been an intense time with little rest/respice. Something I planned myself and thought I could 'handle' - with hindsight I have really overstretched myself.

**THE PEOPLE PLEASER**

The overstressing; the 'busy-ness'; the trouble I mentioned in the previous section stems from me 'trying' to be all things to all people - *still*. This is an old pattern coming from the need to please everyone. This coupled with my inability say no ensured that I continued to cram in endless things/work/people/visits/trips (which I love) but not factoring in alone time for me; rest time and time to breathe and just 'BE'.

I have had awareness about this pattern for some time – but I have even been too 'busy' to stop and do anything about it! Poor excuse I know...

What transpired was that I ended up doing so much for everyone else and fitting in what THEY needed/wanted I stopped taking care of - or even listening to - my own needs and especially my body's needs.

Therefore my first wakeup call was that I could hardly speak while working in Penang, Malaysia. I got a cough and sore throat = not speaking up for my needs/my body's needs. I know.... sometimes I have to be literally 'hit over the head with something' before I do something about it.

So last night I had a melt down with friends. No-one usually sees this as I try to ensure that it happens when I am alone. Before it comes on I spend a day or two all to myself in bed and recharge my batteries. Not this time, I had back to back visitors. I had

literally tidied up the place a little closed the door and within 10 minutes the next person walked in. Absolutely no time for me. All of my own doing too. A lack of noting details and a lack of understanding of the sheer amount of energy it takes for me to host large numbers/children and people at my place.

So instead of saying no that I needed time for myself to recharge after my trip to Asia (and have 2 days in bed) and complete my necessary work after my tried, I tried to squeeze everyone in anyway and please them.

It didn't work. My pattern ended up affecting other people and their holidays too – not just myself. Another big learning curve for me. I have also realised that my concept of time has changed and that I am working with a different rhythm here in Ireland and overseas and that I need more time for me than I did previously.

## **BALI**

The old pattern also surfaced during the Bali Inner Mystery Initiation. I tried so hard to take into account everyone else's needs; that I actually couldn't think clearly anymore. I lost sight of the established programme and what we/they had originally agreed to.

I ended up bending so far backwards for the group and their needs, that I lost my own balance and clarity. I mentally, emotionally and spiritually contorted myself (luckily the physical part didn't have to manifest for me to get it!)

Listening to everyone else's needs resulted in my losing contact with my own inner silence and voice. A bit (!) of chaos ensued, initially with the room allocations and then with the programme itself. Luckily we were able to sort it and the Soul Connections that followed after my 'getting it' were very powerful indeed.

I will utilise what I have learnt in future Inner Mystery Initiations now. Here's a little insight into some of them:

- To ensure that anything extra over and above the programme, needs to be done by the participants either prior to or after the Inner Mystery Initiation
- All rooms will be on a first come first served basis
- Say 'no' with love and compassion to clients/group participants and even close friends and family
- Release my fear of not being liked/loved for saying no and my want to be liked and loved in all situations
- To breathe when/as someone has a need and expresses it to me
- To release the huge urge to fix their need; to do something or to go into my usual pattern of 'what can **I** do for **them** in this situation?'
- To remain clear and to communicate my needs more fully and set intentions that are based in love; and be emotionally authentic all the time now
- To live my life and run my business in an even more conscious, integrative way
- To understand and accept that I am learning to do many new things almost as if for the first time (like the new higher vibrational Soul Connection Consultations; the Soul Connection Workshops Levels 1-3; the new Inner Mystery Initiations; and in my close relationships)
- Have time for fun and for me!

Many of you who have been with me on this journey for a while are aware that I don't proclaim to be perfect and never have. I simply try to be the best person I can be. I too make mistakes, screw up and am here on earth to learn; to grow and to evolve. There have been - will be - and are - numerous situations that trip me up. I too have challenges that I need to overcome and understand in this life. That helps me to help

myself and others when I share what I have learnt. As I have told many of you - if I had it all sorted and was perfect - I wouldn't even be here. (Those of you new to my newsletter may discover more about my sharing by reading some of my previous newsletters.)

### **CO-CREATION**

So with all of these challenges recently I reflected on what my guides had shared with me a while back. They said that "**I am an equal to the co-creation of the situation**".

I am only just starting to get it. In any situation now it is no longer necessary for me to punish myself about what happened; or for me to take the full responsibility for what occurred if others are involved. I will still clear my part of it but I must also remember that:

#### **I am an equal to the co-creation of the situation.**

The other people who are also in the situation are there with me by choice i.e. soul choice; free will or as part of their evolution. They too are co-creating. If they choose to, they can learn with me. If not, that's ok too, but that is then no longer my responsibility to ensure that they 'get it'.

In previous relationships/marriage I have wanted to bring my partner/family/students/everyone along with me in this ascension process and ensure they get it too. Now I realize I cannot expect or force another person to learn something they are not yet prepared for, or that they are simply unwilling or not yet open to learning in that moment. Perhaps the timing is not yet right for them to learn this or for me to learn for that matter (like the people pleaser programme I have still been running).

Perhaps it is to remember that we can co-create as enlightened beings that we truly are now rather than just from the mind without heart; or from our disconnection of fear and ego... This helps move us from a victim mentality where it is 'begin done to me' to taking responsibility for our part in the co-creation.

This statement helps me to remember that my soul requires me to learn certain things while I am on this earth plane and it too is an equal to the co-creation of the situation. My guides are also co-creating this with me and my soul. The people I share the situation with are also co-creators who are also working with their soul (consciously or unconsciously) and their guides too for their own evolution. This is a powerful combination!

I feel that this statement is very deep and I am only at the surface of understanding it. Anyone else have anything they wish to add or share or comment about this statement? If so – please email me!

### **INNER MYSTERY INITIATIONS**

My guidance shared that there will be retreats in various parts of the world in the future. I am told that to reach higher vibrations and experience Soul Connection some people initially will need to be in a place that's different.

Things that are common to us and what we know wind up getting in the way of our ascension and growth... People who are wishing to begin this journey may need to be in some place that is different to get to where they wish to be. It is essential for us to get away from everything else that pulls our attention so that we can reach those places where there is that 'inner quiet'.

Rest assured, the being 'away from home and from what's comfortable and familiar' is only as part of the growth process - and not something that is permanent! You will not need to be permanently outside of your normal place or space once the process is complete.

I understand that this also applies to me. Hence all the travelling this year. As I travel, develop myself, I shift and grow with the new services of 'Inner Mystery Initiations'; the Soul Connection Workshops and Consultations. I too need to be in different places rather than at home in the same energy.

These experiences are an opportunity to move beyond what is familiar as expansion/growth depends on our willingness to move beyond our comfort zones. If you are interested in holding an Inner Mystery Initiation or committed to joining me on this journey of evolution, growth, deep healing, rejuvenation and trust – then please contact me. More details on my home page <http://www.michellehardwick.com>

### **KIND COMMENTS FROM THE FIRST INNER MYSTERY INITIATION in BALI JUNE 2011:**

*"I really appreciate the time we spent together last week. Thank you very much for sharing and the enlightenment. I learned more new things about myself and found some peace in myself."*

"It is difficult to put into words what I got out of the Inner Mystery Initiation - lots of feelings, pictures, colours and energy etc. Every participant got exactly what she needed. You master so many tools. How you work is amazing. It was fascinating to see you work with each person. I got something from that as well. My advice is that 'it is best to be open and go with what comes up for oneself and the group participants'.

Each event is a surprise - not one of them is the same. The event goes with the flow and with the participants' energy.... The sacred places we visited were worthwhile. It was an authentic and a true workshop not some 'blablabla'.... thing. I still feel very centred and know what I want more than ever before.

I am looking forward where you will go and how you develop yourself further. I can't wait for the next soul connection work.....Lots of love and blessings"

*"I want to thank you again for the life-changing experience you gave us here in Bali. I am moved by your generosity, love and patience, you're a true role model! It was fun being a ground-breaking pioneer!"*

"From the Bali Initiation, I got a feeling of knowing where to go and what to do in my life. I still feel that I am in this flow. It is like a new feeling of myself; my body and my intention in life or my life purpose is much clearer. I also feel my connection to the sky is much stronger and also with the goddess Kwan Yin... I can still recall the picture of her standing behind me and I can feel her and her power. I am living more in the flow. For example, yesterday I walked down a specific street in town - I wanted to take another one - but something inside me said I have to take this one. Then I passed my insurance company office - I didn't know it was there. I thought 'great I can get the forms I forgot to bring....and so I don't have to call them'.

I can still go back to the soul connection we did and connect with the feelings and pictures I had as well as the cleansing ceremony you did with me. I can also still connect with the nature in Bali; the Waterfall and the calmness and relaxation there...

Each Inner Mystery Initiation will be different to what I received, learned or was taught. In the programme you stated for us to be "open as not everything may go according to the schedule". This was very necessary and absolutely true. I think everyone got out of it what they could handle at that moment; and for what they were ready to know and receive. I felt the teaching was so individual (just perfect). I learnt from the others too..."

**Quote**

*"You have to leave the city of your comfort  
and go into the wilderness of your intuition.  
What you'll discover will be wonderful.  
What you'll discover is yourself."*

**Alan Alda**

## **SOUL CONNECTION**

Our soul communicates to us through our thoughts, feelings, and emotions. In times of silence it is our soul that speaks to us through our small quiet voice within. As children we are taught go with our logic rather than listen to our feelings - often paying more attention to outer authority figures instead of our 'inner authority'.

Sometimes events occur in our lives and our inner safety and trust is compromised. A deep sense of fear results. Fear is the language of the ego and disconnects us from our soul.

Longstanding issues can be symptoms from our soul and our disconnection from it. They relate to fundamental aspects of who we are as a person and spiritual being. We struggle between what our ego 'wants' in order to be safe and what our soul 'needs' to experience for our spiritual evolution. Often we become 'too human' avoiding the truth of our soul and listening to messages from our ego. We yearn for a sense of belonging - a sense of connection. Yet are get stuck in the disconnection or illusion. We have stopped living a life of potential with trust and love.

A lot of the long standing issues can be messages from our soul as to the fact that we are so disconnected from it and our Spirit. We try various types of therapy but the issue is not resolved or does not get resolved. My understanding is that the soul is saying to us....'get more spirit into me and love me!' When we are disconnected from our soul it may try in a number of different ways to get our attention.

The more longstanding our challenge is, the more we try to sort it and so that forces us onto paths that we might not necessarily have gone down if the issue has been quickly fixed/resolved.

Long standing issues (if the person has moved to look at the condition from a more spiritual perspective) can be viewed as gifts, demanding that we change course, slow down or go inward rather than looking outside of ourselves for the answers. For example the word incurable can be broken down into a different message. The body is saying that the only solution is IN-curable. The cure comes from **with in**. The more we listen to our soul - that quiet voice inside, connect more to the silence and nature, speak our truth,

do what we love and give ourselves what we need the more we come back to balance and harmony and reconnect to our soul.

When we are connected to our soul we are more emotionally authentic, more fully connected to our intuition, our purpose here on Earth and the truth of who we are. We reclaim gifts that are inherently ours.

Now is the time to develop a deeper, more loving relationship with your soul, your Self, your intuition and your body. Contact Michelle for more details about Soul Connection Consultations. Ph: Ireland (+353) 0871 492338

### **Quote**

*"You can't change the body without changing the self,  
and you can't change the self without bringing in the soul.*

*It's all one process,*

*and it begins with knowing that your body exists  
to mirror who you are and who you want to be"*

**Deepak Chopra**

### **KIND COMMENTS FROM THE SOUL CONNECTION CONSULTATIONS**

Instead of me telling you about the Soul Connections Consultations I decided to share some of the feedback I have received by email from clients who have ventured into unknown territory! Thanks to all those who have taken time to email me and share your experiences:

"I am doing really well after receiving messages from my Soul/Higher Self during my private session with you. I don't have to depend on strong tea to keep myself going anymore. I feel healthier, happier, and more energetic, too. So thank you for your help once again."

*"Today it was amazing. The new work you are doing is sooo profound and deep. Unbelievable. Through you my soul was able to show me who I really am. It all felt true to me. It came from my soul and you went with it so beautifully. I love you for what you are and what you became and where you will go.*

*You have grown so much and everything you learn you give to us in an incredibly humble way with fun and laughter (so it doesn't get too heavy). You changed my life. You will help others become true to themselves. I am very, very blessed that you came into my life. Thanks Michelle from the bottom of my heart that you are what you are. I look forward to more to come"*

"Since the soul connection with you I feel compete, with this inner peace that has its seat deep down inside the heart. It is a spot I never felt before. I feel it physically where the seat of the soul is. Before it was just theory.

I feel differently around men. Confident, I have nothing to prove, nothing to fight for, I am totally relaxed in my centre. It is so nice and peaceful and I enjoy every moment. THANK YOU SOOO MUCH for that session that made me complete again."

*"Michelle Hardwick is one of the most inspirational & motivational practitioners I know. If you have ever met or worked with her in a private session you will know what I mean and agree with me. If you have not yet had the pleasure of doing so - then you better buckle up - because you are in for an incredible journey of personal development/evolution. Michelle's teachings are profound, full of insight & wisdom which she has acquired over many years."*

*"My personal experience of a private SOUL CONNECTION CONSULTATION:  
Over the course of the past 7 years of my spiritual journey I have experienced numerous holistic modalities. They helped me solve different issues I was ready to deal with at that particular moment in time. But for some issues - gosh! - I could just NOT get to the root-cause.*

*I knew the underlying 'thing' was there, but had no way of accessing it with the tools I had at hand. What I have been yearning to clear for 2 decades managed to be resolved within a 2 hour personal Soul Connection Consultation with Michelle!! By her gently guiding me through a state of hypnosis "I FINALLY GOT IT"!!!!*

*And, more importantly:*

- I understood the karmic aspect of the situation*
- the soul-agreements I had made prior to this life*
- the lessons to be learned by all parties involved...*

*I made peace with the past. I was enabled to re-connect with parts of my soul which I left behind. I had left them behind as a consequence of the traumatic experiences I - subconsciously - had refused to be a part of me since that time. This profound experience resulted in me becoming whole again giving me a glimpse of what 2012 could be like in terms of 'raising the consciousness of humanity'.*

*Michelle describes her new work as being 'designed for 2012 and beyond'. Now I understand that this does not only refer to my timeline of the next few years e.g. 2012...2013 etc. it also describes that I can go beyond what I imagine would be possible for 2012 and beyond within myself!"*

*"Thank you for the wonderful session! I am being made aware of many issues with much more clarity"*

#### **Quote**

*There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom.*

**Anaïs Nin**

#### **KIND COMMENTS FROM THE SOUL CONNECTION WORKSHOPS LEVELS 1-3:**

Here are a few comments from participants in Asia who have experience the new Soul Connection Workshops. Each time I do these workshops the people and energy are different. The right information comes through for people at the perfect time. The more I do them, the more profound the energy that comes through becomes.

*"I am sooo glad I participated in all of Michelle's new WORKSHOP SERIES called 'Soul Connection Level 1-3' plus 'Living Life without Fear'. How would I describe these SOUL JOURNEY workshops? Well, they are..."*

- tailored to the needs of each participant
- co-created with the group
- respectful of the group's dynamic
- unique
- eye & heart opening
- PRACTICAL
- healing on all levels of our being!!
- plus they are a lot FUN cause Michelle's sense of humour and positive outlook on life is just contagious :-)))

*Michelle shares her tools to empower us all; ensuring we can once again be in the drivers' seat of our own lives."*

"I managed to get my Soul Gift, which was unexpected. I am clearer with messages downloaded by Source. I am much more connected with my soul and the information downloaded is easily grounded. The messages are deeper and profound. It's no longer intuition, but it's JUST KNOWINGNESS that I integrate and take action based on clarity and sureness.

E.g.: I ask my Divine-Self what's the best way to go KL, in the shortest time and yet for my highest good? Immediately, I got a message to call my colleague to counter check info, to use the highway. I never used this highway before but I was very sure this is the fastest route. Sure enough, I just drove my car and followed a new way with no worries. Guess what, at 5.45pm there was not many cars on this highway (less than 20 cars moving on this way). I was surprised while enjoying the drive. I arrived within 25mins at peak hour and I was just amazed I went the less travelled road, spent a small amount on tolls with total gladness. Usually, if I leave at 5.45pm and took my normal MENTAL old beliefs, I would have arrived by 7.15 or 7.20pm!!

By me embracing, Lady Isis's energy (which was my personal download in the workshop) – I have taken on her Values and Being-ness:

- I not only feel my own Soul but I can also tap into other Souls around me clearly with humility
- I can embrace light/dark, negative/positive in fullness and sureness with little guilt or anxiety
- My faith in myself deepens. There is no doubt in my daily decision but clarity, and peacefulness.
- If it is not time to do certain task, I'm aware and embrace patience (though corporate culture requires one to act immediately, I will still adhere to the company's instruction by just doing what is needed by just 'showing enough' of what they want to see, but in the end after a day, the Management decide to postpone the timeline or I'm asked to do other matters leaving the initial task on standby
- I have the ability to predict ahead (a gift reclaimed for earth plane usage during the hypnosis part of the workshop). I am able to predict or KNOW ahead of outcome, I can control and compose my energy quietly. When divine timing acts for me and wellbeing for the mass consciousness (company's activities and people), I act with sureness and the tasks are completed in the simplest manner.

The Gift: Is about simplicity but in totality all creations are grounded by unconditional love and wholeness for humanity. Its core of Soul Gifts in Essence is about Oneness's with Self and Humanity.

Nevertheless, when the GIFTS is/are presented, it has/have to be tested with deep faith through trial and exploration and personal reflection what works for one may not work for the other. So enjoy the journey for Soul discovery!"

*"Namaste Michelle. Again, thank you profoundly in opening your heart to humanity and always wanting to improve to reach and give your best in your Soul work! In deep gratitude infinite blessings and love"*

"I got clarity in soul's work/direction; this is still happening after the workshop. Things began unfolding for me very rapidly after the releasing work during the workshop - that was some powerful releasing! Getting a better connection to my soul & I AM Presence during the workshop helped tremendously in maintaining that connection after the workshop.

The connection exercises from the workshop help to maintain the stronger connection. In everyday life, among the routines of daily work or in social interactions we sometimes inadvertently get drawn to the dramas around us especially when it relates to people we care about and love; or issues that are close to our hearts - this is when the disconnection may occur. Doing the exercises regularly helps me stay aligned with my soul's purpose/direction.

Perhaps I should not have been lying down for the some of the journeys that I wasn't conscious - even though it's divine plan or timing - I think if I remembered more of the journeys, I could apply to the exercises."

*"Thanks for the teaching and sharing such a wonderful class. I felt the connection with the peace of energy within me that is same for all the creation around us. It linked us and the universal together. I am not alone and getting the guidance clearer by focus within me and connect with soul. It brought me peace and joy.*

*The workshop can help me to get clearer guidance during my meditation, I Ching reading, as well as daily activities. I can remember names and get clearer pictures/objects from my dreams, am waiting for the time for me to fully understand the messages. I think the class structure was good. We just need to trust ourselves that we will get what we need. Thanks"*

"Hi Michelle! Thank you for your presence during Soul Connection 2. My feedback is quite short, simply because I can't really articulate much other than the feeling that the workshop was integrating what I was going through in the weeks leading up to it. There was a sense of 'completion' to the phase I was in, almost like a ';' before I moved on after Sunday. Life is a series of ';' before the end of the sentence can be reached : ) So it is difficult to explain the inner knowing that I was there at the right place and time. Nothing to improve, as it was perfect for me :)"

**Quote**

*"Anyone who stops learning is old  
whether at twenty or eighty"*

**Henry Ford**

## CONSULTATION PAGE UPDATE

Just to let you all know that I have reviewed the requirements and information on my consultation page as well as for my Skype consultations. Please note, from now on all clients will need to ensure that payment is made at least 24 hours prior to the Skype consultation. Thank you! For more details go to:

<http://www.michellehardwick.com/consultations.html>

### Quote

*"The Awakening of true Love lies in  
finding peace within Yourself..."*

*This peace is found  
through an open Heart"*

**Deepak Chopra**

## FORTHCOMING TRAINING - Europe

- **Dublin, Ireland** - Personal Consultations - Wednesday 3rd August 2011 at specially reduced rate of €111 for 2 hours. Contact me now to reserve your time!
- **Cobh, Ireland - Inner Mystery Initiation** – 10<sup>th</sup> – 15<sup>th</sup> August. More details on my home page <http://www.michellehardwick.com>
- **Zurich, Switzerland** - Personal Soul Connection Consultations 23rd August 2011
- **Dublin, Ireland** - A Soul Connection Experiential Presentation will be held in Dublin on Sept 1<sup>st</sup> at 7.30pm hosted by the Buddha Bag, Dublin at the Oscailt rooms and receive a gift from your soul. The Buddha Bag asks for a €10 contribution which goes towards the cost of the room plus the purchase of books, CDs and DVDs for the library. I look forward to seeing you there! For more details please contact Michelle in Ireland on Ph: 0871492338
- **Dublin, Ireland** - Personal Consultations from 2nd-4th September 2011. Michelle will be offering Personal Soul Connection consultations (location to be confirmed) on Friday 2nd September until Sunday 4th September 2011. I am offering 2 hour sessions at a specially reduced rate of €111 for 2 hours. Contact me now to reserve your time!

## FORTHCOMING TRAINING - Asia

- **Hong Kong** - 14-30 September 2011
- **Shanghai** - China 10th-19th October 2011
- **Singapore** - 24th - 30th October 2011
- **Kuala Lumpur**, Malaysia 11-16 November
- **Penang**, Malaysia 18-24 November 2011
- **Lightworks, Kuala Lumpur**, Malaysia 25th-27th November 2011

## FORTHCOMING TRAINING - Norway

- **Sandvika, Oslo**. The new style EFT Level 2 Training over 3 days on 9th-11th December 2011

### Quote

*"There is no unnatural or supernatural experience.*

*There is just experience"*  
**Dr. Edgar Mitchell**

## RESOURCES

1. Some of you asked for the Information I shared at the Soul Connection workshop, in Shanghai. Here it is ladies!
  - "Pray everyday. Prayer is power. Use it to be of service to the world
  - Be virtuous. Be kind of heart and compassionate
  - Be bold and stand for your principles
  - Take care of your physical body. It is a gift from the Universe. Your body is an important vehicle for your soul
  - Let grace penetrate deeply into your soul, cell tissue, thoughts, memories and fears
  - Find your way into your soul, your purpose; take out your unique quality of grace into the world as a mystic without a monastery." (Sorry I have no idea who/where this comes from).
2. **Expanding Horizons** - joint 2011 KANZ and Emotional Freedom Technique Conference 19 – 21 August 2011. West Plaza Hotel, Wellington, New Zealand. The website is [www.expandinghorizons.net.nz](http://www.expandinghorizons.net.nz) This Conference will have a very New Zealand flavour. There will also be a panel discussion about "EFT Practice and Training in NZ". Contact [mayan@mayanschraders.co.nz](mailto:mayan@mayanschraders.co.nz) for more details
3. The **EFT Masterclass 2011** will be held in York, U.K. in October 2011. More details here:  
<http://www.emotionalbuzz.com/news/21012011masterclass2011/index.html>

### **Funny Quote**

*"Religion is for people who are scared of hell,  
and spirituality is for people who have been there"*

**Anon**

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Connect to Us on **LinkedIn** <http://uk.linkedin.com/in/releasepeace>  
Follow us on **Twitter** - <http://twitter.com/releasepeace>

*Warm regards everyone, enjoy your summer!  
Bye for now*

Michelle A. Hardwick  
Adv. Dip Hyp., International EFT Trainer & Practitioner  
Time line & NLP Practitioner

### **Release...Peace**

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