

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

- Note from Michelle
- Reflections on Christchurch, New Zealand
- Donations for the Canterbury Earthquake Appeal, New Zealand
- Plans
- Story: "Cookie Collectors"
- Forthcoming Training – Europe
- Resources

NOTE from MICHELLE

Hello Everyone!

There is such a lot going on in the world right now, isn't there? The energy on the planet; cultures, nations and countries are all shifting, evolving, growing and changing. Huge changes - almost too much to keep up with....

Travelling for the past 4-5 months, it was tough to get access to TV; English newspapers and the like. [Sometimes that was a good thing.] Occasionally I would see articles online; read posts on Facebook by friends/family or get email updates.

However, when I arrived in Manchester on Tuesday 22nd February (on my return to the UK) my family told me the sad news about the Earthquake in Christchurch, New Zealand.

I was deeply struck at that moment. Later I felt a sense of sorrow and loss. I watched the news and saw places I knew – decimated. Streets I was familiar with; places I had sat and had lunch or coffee at; roads I had walked along – all covered with rubble. It was very difficult to watch at times. (I actually hadn't lived in Christchurch but visited there often when I lived in NZ).

Only recently have I been able to reach out and contact friends and extended family to check on them. I have heard from some of them. Luckily some escaped through "coincidences" ensuring they were not in the centre of town when the quake hit. Incredible. I am humbled the way the Universe and our guides work to shift and move us in different ways.

Join me in sending positive thoughts/tapping and love to all the people in Christchurch who have been affected at this time.

Quote

**"It is better to light a candle
than to curse the darkness"**

Anon

REFLECTIONS ON CHRISTCHURCH, NEW ZEALAND

New Zealand - the country that sees the first light on the planet. Christchurch is the energetic heart of the South Island. A new dawn is really occurring there now on so many different levels.

It's hard to even know what to think; write or say. I cannot begin to imagine how the quake has affected the people actually living in Christchurch and New Zealand. Many

people are lucky to be alive, they survived; others lost everything; sadly and devastatingly some died

What an enormous shake-up the Kiwi Heart has just had - old structures, beliefs, people, and energies. A shocking experience for so, so many people.

As I began to create this newsletter, I thought: 'What can I write? Everything seemed inappropriate and insignificant.

A reality check for me. So close to home...

Then I found this excerpt written by Jeff Brown from one of his Soul shaper newsletters.

He wrote "Speak from your discomfort. Be Real Now."

He continued "And the most wonderful thing happened, the admissions relaxed me and also helped to soften the edges of the crowd, and they began to self-reveal as well. It was fantastic. Yet another bit of evidence that it is our willingness to admit who we really are that opens the door to healing and connection."

So true.

I feel my heart has had a huge shake-up. Looking back now I feel I was shocked to my core. I doubt I am even aware of the extent yet, but I feel it is deep. It has put much into perspective for me about my work, my future and the future of people and the Planet.

Quote

*"A moment's insight
is sometimes worth
a life's experience"*

Anon

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). For more details about the appeal - or if you wish to donate directly to the fund please go to:

<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

"Take the first step

*no more
no less
and the next will be revealed"*
Ken Roberts

PLANS

My guides have been telling me for a while that the earth will shift and change, and that it's time to teach more people the new techniques (as opposed to EFT). The reason being is so that more people need to connect more fully to their souls and their intuition. They will know where to be and what to do to ensure they (and their families) are safe.

After the quake in Christchurch, I now understand how necessary the Soul Connection and Soul Communication Hypnotherapy work is. And despite my feelings about staying in one place for a while in Cobh, Ireland it is also clear to me the importance of offering the new teachings, retreats and workshops.

I return to Ireland at the beginning of March to plan with my guides, the next part of this year –dates, costings, retreats etc. as well as relax (yes!); write and create.

Some of my family and friends will visit over the coming months while I am in Ireland and I am delighted about this.

But most of all, I am thrilled to be able to be back in my "own place" again after so long. (I left in September)... I know I am incredibly fortunate to be able to do this; some people in Canterbury don't currently have that luxury.

COOKIE COLLECTORS

I loved this story and thought it was a great one to share. It arrived in my Inbox a while back from Eldon Taylor's "Inner talk" newsletter.

I admit to being a 'cookie collector and sharer' too! Perhaps now it is time for me to let this outdated habit go too!

Eldon writes: "There are those who cling to their "right" to blame. We'll call it the "bad-luck fortune cookies" game.

This is the story of these special cookie collectors. They go through life collecting all the cookies they can. Riding on the escalator of life, they will even jump high in the air to catch one, just so they can put it in their backpack of life experience and share it later. And share they do. Each evening, whether at home or in the pub, on the telephone or via e-mail, they tell their friends all about the cookies of the day. These sharing's go like this:

First Person: "Do you know what happened to me today? The clerk in the gas and grocery would not take my credit card because I left my purse at work with my identification in it; and she knows me. Heck, she sees me nearly every day--but she is a real grouch anyway."

Second Person: "That sucks, but do you know what my boss said to me today? He informed me that I was always late from lunch and told me in no uncertain terms that I would either be on time or lose my job. He knows that the traffic is horrible at lunch, and he's always gone more than an hour. I should just tell him to stuff it!"

Third Person: "Your day was nearly as bad as mine. I had a damn cop stop me for nearly nothing. Everyone in traffic was changing lanes, and just because I cut in front of

him, he gave me a ticket. That's my third one this year, and my insurance costs are going to go through the roof as a result. These damn cops should be out catching criminals, not honest tax-paying citizens."

First Person: "Life sucks. Is your husband still being a jerk? Oh, but you know, speaking of insurance rates, my insurance company cancelled my insurance just because I was late with their payment. Then the idiot that ran into me--well that led to a fine for my not having insurance. And on top of that, they blamed me for the accident, and it wasn't my fault!"

By now you get the idea.

These people gather to share their cookie stories, and that is largely what their social life is all about. If you want to have some fun, step up to the cookie keepers and point out how wonderful life is.

You might even explain the blame game and cookie keeper philosophy, but make sure you have a plan for a quick retreat. Cookie keepers choose whether or not they want to admit it, to hold tightly to the blame game.

An otherwise productive and joyful life is thrown away in exchange for the "Don't you feel sorry for me?" exchanges. That is another part of the cookie keeper game. To belong to their group, you must be willing to be understanding and sympathetic. It's okay to top the cookie of another with a more unpleasant cookie of your own but not if you fail to recognize the poor, picked-on nature of the other cookie keeper.

A dear friend of mine grew up in a co-dependent family relationship; one of those Melody Beattie so aptly defines in her books such as *Co-dependent No More*. It's the relationship most of us know something about, for we have heard many of those conditional statements growing up. They are ones that go like this:

"If you loved me, you would _____. If you had any respect for me, you would not _____. I did this for you, is it too much to expect _____ from you? I think if you cared about me, you would_____." And so forth. You fill in the blanks. Beattie sets out several criteria for recognizing co-dependence. In her words, "Co-dependents are the people who consistently, and with a great deal of effort and energy, try to force things to happen:"

"We control in the name of love. We do it because we're 'only trying to help.' We do it because we know best how things should go and how people should behave. We do it because we're right and they're wrong. We control because we're afraid not to do it. We do it because we don't know what else to do. We do it to stop the pain. We control because we think we have to. We control because we don't think. We control because controlling is all we can think about. Ultimately we may control because that's the way we've always done things. Tyrannical and dominating, some rule with an iron hand. . . . Others do their duty behind a costume of sweetness and niceties, secretly going about their business--other people's business."

Two of the keystone elements in all of this co-dependency is, according to Beattie, "Suffering people's consequences for them" and "Solving people's problems for them." In other words, there is a real quid pro quo in cookie sharing, and it too is at least somewhat based on co-dependent patterns.

My friend gave up her co-dependent behaviour and threw all of her cookies away. She chose to become self-empowered and has made wonderful strides in the process. If you asked her, she would tell you life is a miracle, and she is very happy today. Still, her

sister, with whom she has always been very close, has not budged. Her sister carries all the cookies she can and spends nearly every moment sharing them.

Despite soft approaches at trying to turn on a light in the sister's head, my friend now finds herself in that place where many who refuse to play these games eventually arrive. It is hard to change when those you love the most are fixed in ways that steal your power. My friend has decided that the next time her sister plays the blame game; she will say something to end this behaviour. You see, when you stop saving your cookies and get on with taking responsibility for everything in your life, your life improves. When that happens, you lose any and all desire to be a cookie keeper."

I would love to hear your thoughts about this folks!

Quote

"Be good to yourself.

After all

you're all you've got"

Anon

FORTHCOMING TRAINING – EUROPE

- **Cobh**, Co. Cork, Ireland – *this weekend!* Sunday 6th March, final EFT Level 1 Training. More details here - <http://www.michellehardwick.com/news.html#cobh>
- **Sandvika**, Oslo – New style 3-day EFT Level 2 Training 25th -27th March 2011. For more details check out this link - <http://www.eftakademiet.no/index.php?sideID=28&ledd1=38>
- **Cobh**, Co. Cork, Ireland - ***NEW DATES*** Saturday and Sunday 9th & 10th April, 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>
- **Sandvika, Oslo, Norway** – 13-15 May 2011. ***New!*** Soul Connection Hypnotherapy. More details: <http://www.hypnoseakademiet.no/?sideID=629>
- **Switzerland – Zurich**, end of May (more dates soon) and also **Ascona**, early June.
- **Inner Mysteries – Soul Retreat in Bali** – As soon as I get home and settled I will be sending out more details of this including costings. Thank you so much to everyone who emailed me with their interest. You really boosted me! For a few more details please go to this link: <http://www.michellehardwick.com/news.html#SR>
- **Inner Mysteries, Soul Retreat in Ireland** – July/August (more details coming soon)

Quote

"When I change,

there is one person

less to change in this world"

Anon

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. 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>
5. The **EFT Masterclass 2011** will be held in York in October 2011. More details here:
<http://www.emotionalbuzz.com/news/21012011masterclass2011/index.html>
6. **Free EFT Audio courtesy of the EFT Hub** - which comes from EFT Master David Rourke who shares his wealth of experience in the addictions field and you can hear more from this link...<http://www.eft-universe.com>
7. **AAMET Magazine – ‘Life’**
<http://content.yudu.com/Library/A1r9fm/AAMETLIFEMagazineSpr/resources/index.htm?referrerUrl=http://www.yudu.com/item/details/296736/AAMET-LIFE-Magazine---Spring-2011>

Quote

“Study and get ready.

The opportunity will come”

Anon

My thoughts and love are with everyone in New Zealand right now, I do hope your families and friends are safe.

Join us on Facebook -<http://www.facebook.com/ReleasePeace>

LinkedIn <http://uk.linkedin.com/in/releasepeace>

Twitter - ReleasePeace

Warm regards everyone, bye for now

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Release...Peace

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