

## NEWSLETTER from Michelle Hardwick of Release...Peace ~ May/June 2011

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### UPDATE from MICHELLE

Hi Everyone! How are you all doing in this beautiful month of May?

What a whirlwind of a time it has been for me since I last wrote to you. I am not even sure where to start... First apologies are in order for the lateness of my May/June Newsletter. I have been writing up the manual for the teaching of my new work and service called 'Soul Connection Hypnotherapy'. I feel that I have been moving towards this for many years, and last weekend I finally 'birthed' this new 'baby'! Phew! Am exhausted!

I presented the 3 day workshop experience to a wonderful group of dedicated Hypnotherapists, Regressionists - 'Pioneers' really, in Sandvika, Norway from 13-15<sup>th</sup> May 2011. The challenge for me was to document a number of processes I have been using and working with solely from my intuition. I felt strongly I needed to share the tools and also give an experience of this style of work that I have been using with only selected clients ready to work at this level for the past 2-3 years. [*More on the training in Norway in the next main heading below.*]

All of my energy and focus this year has been creating steps that other Hypnotherapists could use with themselves and their clients. I needed to complete a Soul Connection Hypnotherapy manual, (which will become a future book) clarifying processes in a step by step way as well as induction processes and spiritual reframes for when the client is in a deep state of trace.

Each time I sat at my computer to write and document, my heart and soul felt so much happiness. I felt lightness and a real sense of excitement. I knew strongly that although I could have written non-stop for hours/days/weeks even, which is an old pattern, this journey was different – it was all about keeping balanced. A new thing for me lol! I know some of you know me, and this could present a challenge especially when I am passionate about something - it doesn't feel like work to me. I have endless energy and time just disappears and I keep going and going and going!!! Any of you who have been on one of my training courses will understand – I forget breaks/lunch/toilets in my utter enthusiasm! You'll be pleased to know that I am now working with a different energy and rhythm. I must say I am delighted too....

I noticed the work also had its' own rhythm; it wasn't to be rushed. There were days when the energy was in alignment and everything flowed and I was able to get pages done in a relatively short amount of time and I had plenty of food in the house so I just kept on going. Then after that burst of energy it was like something was turned off for a while and nothing flowed. That was a little scary as the deadline and dates were ticking ever closer, but I had to let it go and trust. I decided those were the days when I caught up with other jobs around the apartment; or took myself away from the computer; met friends; had a life; went shopping to get supplies (ha-ha for my next

burst of work); and also went walking and taking in the beauty of the land and sacred sites here in Ireland.

In that time I learned a lot about patience. Waiting for the right information to present itself, and for things to unfold in their own way and time. I waited for people to be ready; waited for the time when things were in alignment so I could write; waited to prepare flights/details/information for my forthcoming trips and retreats.

I thought about this phase. Why was patience so difficult for me? For the most part patience was frustrating but deeper than that, it made me pay attention - much more attention than I would normally pay to a situation or scenario. Patience allowed me to nurture an inner silence and I began to understand that silence was the language of my soul. The quality and level of silence where I am living is exquisite. And I totally appreciate now my need for silence when I am on the road teaching and travelling. As grew in awareness and understanding of patience, other amazing things unfolded for me-

I was treated to 3 separate day-trips to West Cork with different friends. They very kindly took me to some sacred sites, stone circles and powerful holy wells. I later understood - this was all part of the work and was also part of my evolution.

I was delighted to have an opportunity to visit these beautiful places and connect more deeply with Ireland and with the ancestors of this amazing land.

The day trips were incredibly powerful for me on so many different levels. One day with two wonderful friends we took a whirlwind tour and visited 3 sacred wells - in one day! Not for the faint-hearted! The last well we visited was so beautiful. The energy there was all embracing and loving. There was so much reverence at this site it was breathtaking. It actually took me 2 days to integrate all the energy and powerful grace from that site.

On another trip we set off early at 8.30am with high hopes. The day soon turned to be a combination of some success and heaps of frustrations. By 5pm I was absolutely exhausted, disappointed, cold and very ready to give up! Not all of the sacred sites in Ireland are marked, some have no car parking, others are returning to nature and not looked after and for the most part the ones we searched for had no signage! At the start of the day this was very exciting - like exploring uncharted territory - however it became a mission as the day progressed. We drove around the same countryside back and forth for hours with a tiny hand drawn map. I was tapping and breathing deeply as my Irish friend and driver searched in vain for the stone circles that I had intuitively chosen that we were to visit.

Interestingly there are 145 stone circles in Ireland and 100 of them are in Cork and Kerry (near to where I am based). Clearly the energy in these two counties are powerful, enough to have the majority of circles built here. All we wanted to do was find some of them!!!

Once again, the land had its' own rhythm and it was about 'allowing things to unfold' rather than forcing or trying to 'make' anything happen. My friend who was driving, said he knew the location of one that hadn't been selected and he was determined to find it, so that we ended the day on a positive note after all our hard work and frustrations.

He found the road easily. Again no signage. By this time I didn't really care whether we spotted a circle or not. We walked up the road, saw nothing. No surprises there. Finally we came to a house, knocked on the door to ask if the person living there had any idea

where the stone circle was. I wasn't holding up much hope. During the day we had knocked on about 8 doors and no-one had known anything about their local stone circles. However that just proves what we talk about in EFT level 2, that if you have no interest in a certain thing your radar is not 'switched on' and you won't attract information about it. Some of the people looked at us as if we were from another planet.... When we knocked at the door.

To give you an example - One stone circle (we did eventually find after over two hours of searching), was right next door to one of the people we had asked. The home owner was totally unaware of its existence! I digress, to return to my story... we knocked at the door.

Then the window opened and a lady put her head out of the window, leaned out and asked 'are you looking for the stone circle?'

Wow- ok ...that really got my attention! I was delighted to be back on track! Finally.... I was tired of wandering around 'in the dark!' She gave us exact directions (phew) and the circle was easy to find - just about 10 minutes away from the main road! Unreal.

We began to make our way to the top of the hill. What greeted us was remarkable. We were treated to an incredible experience. Again the energy was breathtaking like the last well, with no bells and whistles (no signage), yet very powerful and very subtle. To be honest - I wept. The energy there was unbelievable. There was such love there for us. I felt a total and complete embrace. It was overwhelming. I have never before been welcomed by a land and it's ancestors in such a way.

I have had previous connections like this with other Deities - [especially Qwan Yin (Kwan Yin) who I feel blessed to have experienced;] however what I felt walking up to the stone circle and standing in it was indescribable. I felt like I had come home ....to the land ... to the ancestors .....and more importantly....my myself. A true gift.

I felt a pulsing in my third eye region and so did my friend! I began to move into the site and gave offerings and began writing messages from the land, the circle and the ancestors. Beautiful messages of love and hope. A real treasure gifted from the heart of the land and circle to our hearts. Suddenly the day was transformed. The channelling shared more details and gave me understanding about why we had not found the other places and why we had had to come to this one last. In that moment it all made sense. This helped me so much for the Soul Connection work as I understood that I AM being guided and led, even though sometimes I don't always get why in that moment, or understand why things have to happen in a certain way or why they don't always happen in a way that I think it should go. (There is the different - thinking as opposed to feeling).

I felt completely humbled and just connecting with that energy still brings me to tears. I am so delighted I followed my guidance to come and live in Ireland. There have been so many gifts here for me and for my work. I am blessed to be here and honoured to share my experiences with you all.

I hope to be able to take those of you who will be joining me for the 'Inner Mystery Initiations' here in Ireland in August this year ... and I am very sure too that Bali will also offer us all some very powerful experiences in June. If you have been thinking about your own growth and evolution please contact me for more details about these experiences.

***Poem called 'Letters to a Young Poet'***

*"I want to beg you, as much as I can,  
to be patient toward all that is unsolved*

*in your heart and try to love the questions  
themselves like locked rooms and like books  
that are written in a foreign tongue.  
Do not seek the answers that cannot be given you  
because you would not be able to live them.  
And the point is to live everything  
live the questions now.  
Perhaps you will then gradually,  
without noticing it, live along  
some distant day into the answer.”*  
**Rainer Maria Rilke**

## **NORWAY – SOUL CONNECTION HYPNOTHERAPY**

To continue with the story about Norway, the whole journey of this year has been about trust more, going more deeply into Divine Trust and allowing - going with the flow.

Each time I tried to complete the slide presentation for Soul Connection Hypnotherapy it just wouldn't flow. I would take myself out for a walk; look at the scenery and beauty and come back to my desk. Still I felt an inner feeling of being uncomfortable knowing something was just not right. But what was it?

In my mind I went between thoughts of 'ok well I won't do a slide show then, I will just trust and go with what the group needs' - when I was feeling in alignment; and then moved to the more ego/fear response when I wasn't connected; 'I need to have a slide show so I know where I am going and what is next. What if I forget to say something? I need slides, and so do my students!!!' Ah the ego is a sneaky, tricky thing! Trying always to keep us safe and avoid humiliation/pain/or even what it perceives as certain death....

On one of my many walks, I realised that this was new work, that I actually needed a different format to work with and flow with. I was still operating from my childhood mind set of "either-or". E.g. 'You can't have both Michelle, you have to make a choice. Either this or that!'

Suddenly I realised that with my slides I could also have 'that and that' instead of either this - or that. Revelation time! Not a moment too soon....

I would prepare some slides for the first day (when I might be a little nervous) and then go with the flow for the other 2 days and allow whatever needed to come up to come up....that way I wasn't locking myself into a format that had flowed at home, but didn't flow or make any sense while I was in front of the group; working with the group and in the group energy. Finally a solution and suddenly I felt inner peace!

Then the slides began to flow. Hallelujah!

I thought about the participants and their wish/need to have slide copies. I came to the conclusion that I could send the slides afterwards, once I had done the training and the format had been established in accordance with the group needs at that particular time.

I have a feeling that this is the way to go from now on. Each group has it's own energy and will have a different flow, I will be different the next time I present it too, so I plan

to adopt the 'that and that' attitude in future, so that I have much more flexibility in my presentations. This allows me to work much more closely with my own guidance, guides, soul and intuition rather than being restricted by fear and my ego. Bingo. Lesson learned.

I also knew that it was essential that the group 'felt' the energy and experienced Soul Connection themselves. I know that practising a technique is very important when teaching; however I felt strongly that for this group and this first time that the energy needed to be grounded in Norway with the help of this group. Again not what I would normally do, but it seemed that that was the way the weekend unfolded.

I understood that while I was writing I was in one type of energy and thought field. When I travel, I am in a different one. When I am on the road teaching, things happen in readiness well before I need them. I sometimes think of things and end up showing up in my life about 1-6-12 or 48 hours later. So I began to integrate this in the new workshop.

As I began the workshop I asked for assistance from my guides, I told the truth to the group – that I had not done this for years or had 1000's of clients. This was a new process and I expressed my thanks to them for making the step to join me on this journey of discovery.

Things amazingly fell into place. The demonstrations showed exactly what needed to happen and what needed to be understood about this new style of therapy. I worked more openly **with** my guidance, my intuition in a public way and worked alongside the group... it was a very co-creative way of presenting, one that really embodied the concept of "teamwork" that had begun while I was in Penang.

I was given very constructive and helpful feedback. Sometimes it was difficult for me to logically explain why I knew what I did; or why certain things meant something; or why I did or said a certain thing at a particular time. I was leaning heavily on my intuition; guidance and my guides. Sometimes things happened in the moment and I had trusted my intuition and gone that route. It might not have made 'sense' logically but when we checked back with the 'client' it was exactly what was needed.

This was a huge lesson for me in really walking my talk and working hand in hand with my guidance/intuition. Getting out of my way and allowing things to happen as they are meant to and not as I wanted them to! Each day flowed, the time went fast, we had some incredible discussions, some great sharings, some irritations too (that goes without saying) some opportunities for re-design. To top it all we finished at the perfect time, (one of my pet fears from my EFT Training days). I got to the airport on time and those participants who had asked at the very start to be a volunteer for demonstrations got their wish. What a journey – for me a massive step into the unknown. One that I felt was hugely rewarding on so many different levels for me.

Interestingly too, there were 11 participants. 11 is a master number in numerology, of doubled new beginnings and purity. In numerology the number 11 represents - Higher ideals, Invention, Refinement, Congruency, Balance, Fulfillment, Vision. The 11 carries a vibrational frequency of balance. It represents male and female equality. It contains both sun energy and moon energy simultaneously yet holding them both in perspective separate-ness. Perfect balance. Consequently, constant reoccurrences of number 11 in our lives often signal us to be aware of our balance:

- Balance emotion, thought and spirit
- Balance of masculine and feminine aspects
- Balance of work and play

Wow – certainly make a lot of sense to me. I resonate with 11 very strongly as it has been a gateway for me - into the divine. The above info and to read more about the number eleven can be found on this site:

<http://www.whats-your-sign.com/spiritualmeaningofnumbereleven.html>

So a big thank you to the 11 who followed their hearts/souls/intuition to be part of the first group of Hypnotherapists to undertake this work and be able to help others in their evolution and connect to their souls.

So even though I have been based at home in my apartment for much of the time, I have been journeying heaps....sometimes outside by mainly this time on an inward journey to the inner planes....it has been a very profound journey.

My thanks also go to Ronny & Karin of the Hypnose Akademiet in Norway for putting their faith and trust in me and helping the entire weekend flow so smoothly. They believed in my work enough to offer it as part of their Advance Hypnotherapy Training Module for their students.

Last but by no means least thanks to my friend Steve Burgess for recommending my work to them.

Thanks also to my soul, my guidance and team for helping me every day of my life. I am eternally grateful!

#### **Kind feedback about Soul Connection**

*"Dear Michelle. I returned from Oslo yesterday after your fantastic course in Soul Connection Hypnotherapy. Today I have been trying it out for the first time with amazing results. I am so grateful to you, Michelle. I feel so lucky given the possibilities to learn from you this fantastic way of connecting with the soul and its guidance. It is just brilliant."*

**Olaug Taklo**

*"One week since the start of your first Soul Connection Hypnotherapy weekend in Norway - WooHoo! Thank you so much for your willingness and courage to stand in your essence. By doing that it makes a difference to me and to the world. I'm waking up at 4:50 AM - by myself, 5 min before the alarm clock goes off. [This had been a challenge for Marina]. The clearing was fantastic for me personally - and I soo....look forward to be in service and letting my clients in on the "goodies" of this powerful and life changing work method. Thank you! Love"*

**Name withheld**

*"Thank you for a fabulous weekend course Michelle. Thank you for your course in Soul Connection. It was a very exciting and thoughtful experience I got a very good experience out of the training, and much to think about after the course. I look forward to trying it a lot more; it was a whole new place to go - only sorry that I cannot express my thoughts in English well enough. I think I can use it first to let the client know they got a soul :) and let them get a whole new journey to go into! It will be something new for them to experience and I think they will enjoy it. I think the learning was very good"*

**Name withheld**

For more details about Soul Connection Consultations please cut and paste this link in your browser:

<http://www.michellehardwick.com/assets/Soul%20Connection%20Consultations%20Asia%202011.pdf>

**Quote**

*"The longest and most exciting journey  
is the journey inwards"*

**Stanislavsky**

**ADDING SOUL – A SHORT STORY**

I wanted to share an excerpt taken from a writer I enjoy from the book titled 'The Witch of Portobello' by Paul Coelho. It describes the art of calligraphy and explains how a teacher shares skills and the essence of Calligraphy to one of his students:

"I taught her not only calligraphy techniques. I also tried to pass on to her the philosophy of the calligraphers.

'The brush with which you are making these lines is just an instrument. It has no consciousness; it follows the desires of the person holding it. And in that it is very like what we call 'life'. Many people in this world are merely playing a role, unaware that there is an Invisible Hand guiding them. At this moment, in your hands, in the brush tracing each letter, lie all the intentions of your soul. Try to understand the importance of this.'

Naturally if she respected the brush that she used, she would realize that in order to learn to write she must cultivate serenity and elegance. And serenity comes from the heart.

'There are two kinds of letters', I explained. 'The first is precise but lacks soul. In this case, although the calligrapher may have mastered the technique, he has focused solely on the craft, which is why it hasn't evolved, but become repetitive; he hasn't grown at all, and one day he'll give up the practice of writing, because he feels it is mere routine.

The second kind is done with great technique but with soul as well. For that to happen, the intention of the writer must be in harmony with the word. In this case, the saddest verses cease to be clothed in tragedy and are transformed into simple facts encountered along the way.'"

**Quote**

*"What is a teacher?*

*It isn't someone who teaches something,  
but someone who inspires the student  
to give of their best in order to discover  
what they already know."*

**Paul Coelho**

**NEW MP3 RECORDINGS**

In response to the new work I am offering now, I have created a number of MP3's to help with your inner journey and growth. There are now 3 in this new range:

1. **Connecting to your Intuition** - 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. Listen to the recording for 21 days for best results. This is part one of this new series. Go straight to our shop to purchase your copy now - <http://www.michellehardwick.com/store.html#gen>
2. **Introduction to Soul Connection** - This recording is designed to help you begin the process of connecting more fully and deeply to your soul, to resonate more to your inner truth; follow your inner guidance and wisdom and achieve the kind of personal successes your life has been waiting for. This is part two of the series. Go to our shop by clicking here to purchase your copy now: <http://www.michellehardwick.com/store.html#gen>
3. **Journeying to the Akashic Records** - this recording is designed to help you begin to journey to the Temple that holds the Akashic records and to spend some time there exploring your personal information. There will be time for you to gain guidance and wisdom from your records, ask questions of the karmic board and understand more about yourself and your truth. This recording is over 60 minutes in length. This is part three of the series. Go straight to our shop to purchase your copy now - <http://www.michellehardwick.com/store.html#gen>

#### Quote

*"Find your heart  
and you will find your way"*

**Mayan Elders**

#### **INNER MYSTERY INITIATIONS – BALI – JUNE 2011**

**It's almost here!** Thank you to those pioneers who have agreed to take part in my new work of Inner Mystery Initiations. I am told by my guidance that big shifts will happen when the participant does the Initiations away from home. I understand that the energies in the places we are going will help shift and change things at a very powerful level.

There is still time to join us for the 5 day Inner Mystery Initiation in Bali from 27<sup>th</sup> June 2011 offering a combination of new Emotional Release work, my new form of work known as Soul Connection. We will experience journeys to integration & connect with your purpose. In addition, we will visit sacred Balinese sites as well as the purification ceremony with the gentle and humble 4<sup>th</sup> Level High Priest (similar to the one described in my previous newsletter - <http://www.michellehardwick.com/newsletter.htm#Priest>).

If you are interested and committed to joining me on this journey of evolution, growth, deep healing, rejuvenation and trust – then please contact me. More specific details here: <http://www.michellehardwick.com/assets/Bali%20Initiation%20June%202011.pdf>

#### Quote

*"The ways in which fate changes people  
are always favourable  
if we only know how  
to decipher them."*

**Paul Coelho**

## **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!

**\* 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>

I am grateful to each of you who have already purchased this recording and are committing to listening to it for 21 days. I am delighted with the feedback you have shared with me on Skype and in person about how this recording is helping you and how you are seeing results! Many thanks

### **Quote**

*“Spirituality is the art of transfiguration.*

*We should not force ourselves to change by hammering  
our lives into any predetermined shape.*

*Rather we need to practise a new art of attention  
to the inner rhythm of our days and lives”*

**John O’Donohue**

## **FORTHCOMING TRAINING – EUROPE**

- **Dublin - Ireland** – Live Life Without Fear – this weekend! Sunday May 22<sup>nd</sup> at 2.30pm. Find out more here - <http://www.michellehardwick.com/hongkong.html#fear> in Oscailt – more details about Oscailt here - <http://www.oscailt.com/>
- **Switzerland – Zurich**, May 2011 - I will be available for personal consultations on 26th and 27th May in Zurich
- **Cobh and Co. Cork - Ireland** – 10<sup>th</sup> – 15<sup>th</sup> August **Inner Mystery Initiation** more details here - <http://www.michellehardwick.com/assets/Ireland%20Inner%20Mystery%20Retreat.pdf>
- **Sandvika - Norway** – 9th-11th December 2011 3 day EFT Level 2 training (*New style*)

## **FORTHCOMING TRAINING – ASIA**

- **Shanghai - China** from 13th – 22nd June – includes a free talk at Spiritual Shanghai please cut and paste this link to find out more - <http://www.michellehardwick.com/index.html#shanghai>

- **Shanghai - China** EFT Gathering for Q & A for EFT students. Thurs 16<sup>th</sup> June. 6-9 pm Donations please – contact me or Marianne Niederer in Shanghai for more details Ph: 13040602645
- **Bali – Indonesia - 27<sup>th</sup> June 2011. Inner Mystery Initiation in Bali** – Thank you so much to everyone who emailed me with their interest. For a few more details please go to this link: <http://www.michellehardwick.com/news.html#SR>
- **Kuala Lumpur - Malaysia** - July 5<sup>th</sup> – 10<sup>th</sup> More details here - <http://www.michellehardwick.com/index.html#Malaysia>
- **Penang - Malaysia** - July 12<sup>th</sup> – 18<sup>th</sup> More details - <http://www.michellehardwick.com/index.html#Malaysia>
- **Hong Kong - China - 14-30 September 2011** More details here - <http://www.michellehardwick.com/index.html#HKG>
- *I will be in Asia from September through to the end of November and then back to Europe. More details coming soon!*

#### **Quote**

*"Fear paralyzes the person,  
leaves them unable to react;  
the body doesn't respond  
as the soul is no longer there"*

**Paul Coelho**

## **RESOURCES**

1. **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. The next **EFT Gathering event** will be held this weekend 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>
3. The **EFT Masterclass 2011** will be held in York in October 2011. More details here:  
<http://www.emotionalbuzz.com/news/21012011masterclass2011/index.html>

#### **Quote**

*"Light is the mother of Life. The sun brings light and colour.  
It causes grasses, crops, leaves and flowers to grow.  
The sun brings forth the erotic charge of the curved earth;*

*it awakens her wild sensuousness”*  
**John O’Donohue**

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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, thanks for your patience - bye for now*

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

**Release...Peace**

[www.michellehardwick.com](http://www.michellehardwick.com)

Ph: 07857369619 International: +UK dialling code 7857369619