

## NEWSLETTER from Michelle Hardwick of Release...Peace ~ February 2011

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### NOTE from MICHELLE

Happy Chinese New Year to you! I think the last time that I was in Asia for Chinese New Year was in the 90's when I lived and worked in Beijing. It has been such a pleasure and a delight to be in Hong Kong. I am enjoying all the customs and celebrations.

I went on a beautiful trip to the Qwan Yin Monastery on Lantau Island with some very close friends, which was a very cleansing and powerful experience for me. This has been a time of rest too, a chance to catch up with admin and see what the Universe has in store! (Check out our Facebook pages as I 'happened' to be in the Mandarin Oriental and saw a brilliant Lion Dance Performance - <http://www.facebook.com/michelle.a.hardwick>)

### YEAR OF THE GOLDEN RABBIT

According to the Chinese Zodiac, the Year of 2011 is the **Year of the Golden Rabbit**, which begins today on February 3, 2011 and ends on January 22, 2012. In the Chinese tradition, the **Rabbit** brings a year in which you can catch your breath and calm your nerves... (That will be lovely don't you think?)

It seems this year is a time for negotiation. Don't try to force issues, because if you do you will ultimately fail. To gain the greatest benefits from this time, focus on home, family, security, diplomacy, and your relationships with women and children. Make it your goal to create a safe, peaceful lifestyle, so you will be able to calmly deal with any problem that may arise. Not many people know that the Rabbit is the symbol of the Moon." I discovered this info at this link:

<http://www.stanssewingsupplies.com/catalogs/store.asp?pid=253080>

#### *Quote*

"New Year's Day  
is every man's birthday"  
*Charles Lamb*

### BALI EXPERIENCE (2)

I have had numerous emails (thank you!) asking me to share the cleansing and purification ceremony in Bali that took place, with a 4<sup>th</sup> Level High Priest. While I was in Bali I was told by guidance to find a temple surrounded by water. Either in the North or the West of the Island. Now that might seem like an easy task but on Bali is called the 'Island of Temples' and has over 1000 temples there.

I scanned the internet but couldn't feel like I had found the "right" one. In the past I would have 'tried to make it happen' but working with higher energies requires that I wait and 'allow' things to happen. So what was I to do?

On Christmas day I treated myself to lunch (a bottle of San Miguel Beer ~ which I haven't had since I was in my twenties ~ a packet of peanuts and a bag of crisps! Sheer indulgence!)

As it was monsoon time with plenty of rain, I decided to watch a little TV. After 4 hours of back to back episodes of 'America's Next Top Model' I was able to switch off my brain for a while and just let go. Some of the episodes were filmed in New Zealand and so I was delighted to see some of my favourite spots and here the wonderful Kiwi accent again. I so miss my South Island Kiwi 'home'!

When the rain stopped I was ready for some "proper" food lol. I headed out to a local restaurant and checked out the menu. The closest I could find to traditional a Christmas dinner was some cooked chicken, French fries and steamed veggies. While enjoying dinner, I thought about the temple. I really wanted to find it and get the energy download that my guides had promised awaited me there. Where to go? How?

I let that thought go, settled my bill and began walking. After about 10 minutes I came upon a stand selling tours. The guy was very gentle looking, had lovely kind eyes (a beautiful soul), and wasn't trying to 'sell' me anything or call me over. A nice change...

I went to him and said "I'm looking for a Temple, one that is sacred to the Balinese, surround by water, in the North or West of the Island". I shared more about the information I had been given.

And he showed me a couple of tourist 'Temple Tours'. They didn't feel right. "No, I'm looking for just one temple I need to go to just one temple. The one I described" I said.

He then threw me by asking if I was spiritual. I said "Yes". Normally I would have denied it but since the workshop with Yvette Sitten

([http://www.auroraalchemy.com/AuroraAlchemy.com/About\\_Me.html](http://www.auroraalchemy.com/AuroraAlchemy.com/About_Me.html))

Guidance had said not to deny being Spiritual. So for the first time I came 'clean' with a complete stranger. And waited with baited breath...Nothing happened. I wasn't dragged off, screamed at, threatened to be burnt at the stake - nothing. I was safe! <smiles>

He then asked if I wanted a Spiritual Tour. "Yes" I said. He opened up a Facebook page (of course!) and showed me Purification Ceremonies performed by a 4<sup>th</sup> Level High Priest.

He explained many Priests didn't make it up to that 4<sup>th</sup> Level. This man and his wife had. Most priests he said, only reach 2<sup>nd</sup> level as they have to go through a very tough initiation ceremony to reach the 4<sup>th</sup> Level. After completing the 2<sup>nd</sup> Level, a priest and his wife need to go into a very deep trance at a designated time. Once in trance, they both need to accomplish certain tasks in a very limited time frame. If they accomplish the tasks and both find their way back together, they live and are then at the 4<sup>th</sup> level. If they get lost in the trance, don't complete the tasks or are unable to return to their bodies they die in that state. Some priests just don't want to risk it.

The man introduced himself as Agus and explained about the timing of my approach to his travel stand. His spiritual company was just in the process of being set up. He was surprised that even though there was no advertising or even a website as yet I had found him & his group! He asked if I wish to take this new style of tour complete with ceremony. Naturally I did.

I was delighted at being offered the chance to meet this 4<sup>th</sup> Level High Priest and take part in a ceremony with him. Agus then revealed this High Level Priest was actually his own Father!

Agus then called an Irish guy, John, (!) and asked him to join us to do some of the translation. I told him Agus I had just moved to live in Ireland in August (even though I've only spent 5 weeks there – and hadn't been back since September 2010!). So we arranged to meet at 10am the following day.

When I got back to the villa, I started to think. What on earth was I doing? Who was I going with? Anything could happen to me... I must admit I got a little concerned. I had no idea who these people were, I had just handed by US\$ over in faith and arranged to meet. My ego was kicking in.

Then I breathed and thought about how I had been led to Agus, how it had all fallen into place. I tapped – and then began to relax. My soul was reconnecting...How could anything befall me if all of this had been so divinely orchestrated? I went for a swim in the pool and then chilled out.

The following morning I was picked up – and there were 2 other women in the car (so it wasn't going to be 3 guys and me – I was feeling MUCH more at ease!) We travelled for a good few hours to the North of Bali. Stopping off at a beautiful restaurant, we had lunch.

We headed down to the special Temple, totally surrounded by water. We were able to just walk beside it. It was breathtaking. The Balinese culture is so entirely different to ours so it was so wonderful to have Agus explain what all the symbols meant. I relaxed beside the water and began getting the messages and the download that I was told would happen.

Later we visited a few more places before heading to Agus' Fathers' modest home and temple. We were welcomed by the family.

As part of the ceremony I had had to give the day of my birth (Wednesday) as well as my date of birth. Whichever animal associated with that day, would be caught, slaughtered and cooked (with the head left on so the animal's energy & power was intact). I was to eat the animal at the end of the ceremony as part of the celebrations.

Luckily for me, Wednesday happened to be chicken! Phew...

I watched the 4<sup>th</sup> Level High Priest prepare his altar with his trainee (who was 76) and collect the necessary items for the evening. All the items including us were blessed with holy water. The meditation would start later (at a time of increased energy & power for the Balinese). In the meantime we were to get ready (in traditional Balinese dress that was there at the temple) for the first part of the ceremony.

Then it was time for the meditation. I grounded and allowed the energies to flow. A few 'fluffy' things came into my mind and I let them pass. Then I felt a massive surge of energy and suddenly I felt pressure on my 3<sup>rd</sup> eye chakra (at the place above & between my eyebrows).

I saw the 4<sup>th</sup> Level High Priest in my 3<sup>rd</sup> eye. We both joined together at my 3<sup>rd</sup> eye and both of us went up towards the heavens and began meditating together. It was like he was teaching me a series of things. I stayed there and enjoyed the experience until I felt it was time to return.

I opened my eyes and the priest had left his alter. He had got ready to perform the next part of the ceremony – the purification ceremony.

As I left the Temple area to go to the area designated for the purification, the Priest made eye-contact with me. He pointed to his 3<sup>rd</sup> eye, smiled then pointed upwards and began nodding his head! Without speaking we both understood. I was totally blown away, I have never had confirmation like this – so quickly and so accurately.

Our group was then asked to stand in order from the eldest to the youngest – and for the first time in my life I was the oldest! What a treat. Not for long though, as I had no idea what to do next.

John explained that a coconut was to be broken and the water/juice was to be poured over my head. The coconut is sacred as it has not been touched by humans. After the coconut sacred blessed spring water would also be poured over my head. To be honest it was an incredibly strange feeling and experience.

When the Spring water was poured over my head and body it was absolutely freezing. It literally took my breath away! It was a very powerful moment for me. Words cannot describe the feeling I had. I was then asked to make way for the next person and I stood for a while dazed.

I had never felt so cleansed, nor so pure. So utterly clear - an unbelievable feeling. After this ceremony I had so much clarity, a deeper sense of peace and oneness with all things. It was incredible. Since the ceremony my intuition is a lot stronger too (which as few people witnessed at the final EFT Level 3 training in Hong Kong). The energy I am working with is more intense than it has ever been.

I am told this is such a powerful process that it is only done once every few months. If you are interested in being part of a ceremony like this, I am going to take a small group in June this year (max. 10 people) back to Bali. We will visit powerful ancient sacred sites, attend a purification ceremony with the 4<sup>th</sup> Level High Priest; and experience my new inner work. More below -

### **Quote**

Life is not complete  
without risks  
**Chinese Proverb**

## **NEW OFFERINGS – INNER MYSTERY RETREATS**

Join me for a 3-5 day Inner Mystery Retreat in Bali from 27<sup>th</sup> June 2011 offering a combination of new Emotional Release work, my new form of work currently known as Soul Connection. We will experience journeys to integration & connect with your purpose. In addition, we will visit a sacred Balinese site each day as well as the purification ceremony similar to the one described above - with the gentle and humble 4<sup>th</sup> Level High 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. This offering is very much a developing phase, I expect to offer a few in Asia and also in Europe. Currently I am discussing accommodation, transportation details as well as costs. Reasonable priced flights can be found with the budget airline Air Asia if you are happy to forego free meals and heaps of luxury for a couple of hours....

(<http://www.airasia.com/hk/zh/home.page>). More specific details coming soon.

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

**Quote**

Face the fearful with no fear  
and its fearfulness disappears  
**Chinese Proverb**

**UNDERSTANDING MY NEW WORK**

I am so grateful to Monique from Hong Kong, who gave me a book by Paulo Coelho before my trip to Singapore. This is the second book from Coelho I have received from a kind client. These gifts for me are directly from my Guides who I feel would like me to read something held within the pages of the book and share that wisdom with others.

I have been discovering more about my new work over the past 6 months. I have been wondering how to explain it to people – not to mention advertise and market it! In Coelho's book 'The Witch of Portobello' there is a section on page 170 that explains briefly about Jung's work. It made total sense to me and allowed me to see, not only the journey of my own life, but also the journey I am making and sharing with all the work I have been doing (and still continue to do). In addition, this section highlights what is happening currently in our world. I will share it below for you and would like to offer my thanks to Monique for her sharing. She is such a treasure on so many levels:

"Jung. Divided individual progress into four stages:

1. **Persona** – the mask we use every day, pretending to be who we are. We believe that the world depends on us, that we're wonderful parents and that our children don't understand us, that bosses are unfair, that the dream of every human being is never to work and travel constantly. Many people realize that there's something wrong with this story, but because they don't want to change anything, they quickly drive the thought from their head. A few try to understand and end up finding the Shadow
2. **Shadow** – is our dark side, which dictates how we should act and behave. When we try to free ourselves from the Persona, we turn on a light inside us and we see the cobwebs, the cowardice the meanness. The Shadow is there to stop our progress, and it usually succeeds, and we run back to what we were before we doubted. However some do survive this encounter with their own cobwebs, saying: "Yes, I have a few faults, but I'm good enough, and I want to go forward." At this moment the Shadow disappears, and we come in contact with our -
3. **Soul** – here Jung doesn't mean "Soul" in the religious sense; he speaks of a return to the Soul of the World, the source of all knowledge. Instincts become sharper, emotions more radical, the interpretation of signs becomes more important than logic, perceptions of reality grow less rigid. We start to struggle with things to which we are unaccustomed and we start to react in ways that we ourselves find unexpected. And we discover that if we channel that continuous flow of energy, we can organize it around a very solid center, what Jung calls
4. **The Wise Old Man (for men) and the Great Mother (for women)** – allowing this to manifest itself is dangerous. Generally speaking anyone who reaches this stage has a tendency to consider themselves a saint, a tamer of spirits, a prophet. A great deal of maturity is

required if someone is to come into contact with the energy of the Wise Old Man or the Great Mother.

[Jung went mad. When he got in touch with his Wise Old Man, he started saying that he was guided by a spirit called Philemon.]

(Michelle adds, 'If we are not fully grounded this can happen. It has been labelled as "going mad." However what is happening is that the upper chakras or energy centers are open. A connection to the higher realms/Universal wisdom, God or the Higher Self is made. In the past this connection has been misunderstood. If the 3<sup>rd</sup> eye chakra is open, some people are able to see visions, spirit, aura's etc. If this is not clarified, the person themselves as well as others around them, assume they have gone mad.

Misunderstood, this connection to 'All That Is' can be overwhelming or misperceived. The person can lose connection with 'reality'. Therefore it is essential that a person is grounded when/if opening or connecting to these higher levels.')

Coelho continues:

Not only people but societies fit these four stages. Western civilization has a Persona, the ideas that guide us. In an attempt to adapt to changes, it comes into contact with the Shadow, and we see mass demonstrations, in which the collective energy can be manipulated both for good and ill. Suddenly, for some reason, the Persona or the Shadow are no longer enough for human beings and then comes the moment to make the leap, the unconscious connection with the Soul. New values begin to emerge.

At the end of this process, if those new values are to become established, the entire race comes into contact with the symbols, the coded language by which present-day generations communicate with their ancestral knowledge."

This totally clarified my life! Which has been (and still is!) difficult sometimes. Many do not understand and make judgements. I have had to let go of many things, and was also asked to embrace lots of new things too! This path has brought me a wealth of incredible experiences and understanding. I am *still* travelling this path and these 4 steps. But this has enabled me to be more authentic with myself and others; to connect more fully with the truth of who I am, and be more in constant connection to my Guides, Spirit and the Universe. As difficult as it has been - and sometimes still is - it IS totally worth it!

### **KIND FEEDBACK**

Over the next few newsletters I would like to share some of the kind comments about the new work I am offering from people who have experienced it:

#### **Soul Connection 1 Workshop**

*"I got to experience the power of teamwork first-hand. I've attended other spiritual workshops before, but this one was so unique in terms of really connecting everybody and feeling a strong sense of unity as a result. Loved the positive energy you enveloped us with when you guided us into meditations. I've always been somebody who has a hard time concentrating during meditations, but you described the visual part so clearly that I got to enjoy a lot of happy visions.*

*And what you did for me towards the end of the workshop, I will never forget. I've never been surrounded by so much love at once before. Your message about not judging ourselves*

*spoke so strongly to me and I think it's helping me be more compassionate towards myself and other people."*

#### **Quote**

"Year's end is neither an end nor a beginning  
but a going on, with all the wisdom  
that experience can instil in us."

*Hal Borland*

#### **FORTHCOMING CONSULTATIONS AND TRAINING – ASIA**

- **Hong Kong** – Please join me at Shakti Healing Circles' **new premises** - for sessions on **7th, 8th 9th February 2011** at 3/F, 34 Wyndham Street, Central (overlooking the Fringe Club)
- **Malaysia** - Kuala Lumpur 10th-12th February. I will be at **Lightworks Malaysia** offering private consultations and an evening of "Soul Connection 1". Find out more here: <http://www.michellehardwick.com/news.html#KL>
- **Malaysia** - Penang. I will be at the **Lifeworks Centre** from 18th-21st February offering private consultations and my new work - the "Soul Connection 2 Evening". For more details please go to this link: <http://www.michellehardwick.com/news.html#Pen>

#### **EUROPE, WALES**

- **Rhyl, North Wales** - brief stop from 25th February until 2nd March before I head to my home in Ireland! I will be offering only a few personal consultations here.

#### **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>
- **Sandvika**, Oslo – New style 3-day EFT Level 2 Training 25<sup>th</sup> -27<sup>th</sup> 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** - 29th April - 1 May 2011. **New!** Soul Connection Hypnotherapy. More details will be available shortly.

#### **Quote**

Take things as they come  
take time when time comes  
**Chinese Proverb**

#### **RESOURCES**

1. **NEW! Hong Kong Tapping Group 9th March 2011 @ 6.30pm** – for those who have studied and/or trained in EFT. This note has been kindly written by Jean: *"Dear Friends of the Hong Kong EFT Circle, It seems we have a need to start a serious EFT practice circle on the departure of our wonderful teacher Michelle*

Hardwick!

*I have spoken to the Manager at 'Guru' restaurant 13 Elgin Street, Lower Soho, Central. We only need to give one days notice to book the upper room. We can order snacks/food/drinks etc as we have before. I propose we meet at 6.30pm on the 2nd Wed of the month. If you all agree then the first meeting will be on the 9th March @ 6.30pm? I look forward to hearing back from you and starting our group! Be Well, Best Wishes, Jean"*

To contact the group the email is: [eftcirclehk2011@gmail.com](mailto:eftcirclehk2011@gmail.com) and Jean's phone number is: 63454753

**2. Tapping Summit** – 21 February to 2 March. It's happening again this year.

Check out a free video by Bruce Lipton:

[http://www.2011tappingworldsummit.com/VideoSeries/?page\\_id=60&blog\\_prm=6465](http://www.2011tappingworldsummit.com/VideoSeries/?page_id=60&blog_prm=6465)

As well as the author of Chicken Soup for the Soul – Jack Canfeld:

[http://www.2011tappingworldsummit.com/VideoSeries/?blog\\_prm=6465](http://www.2011tappingworldsummit.com/VideoSeries/?blog_prm=6465)

**3. Tapping Tips for February:** Use these statements to help you move through any challenges you are currently facing:

**Karate Chop** - "Even though this is really difficult right now, I am ready to see and discover the gift in this. I wonder what's the hidden gift with this....? I wonder if I could look at this differently now? And I deeply and completely want to accept myself" x3

- **EB** – releasing this hidden grief & anger
- **SE** – I am ready to change my whole mind & body system
- **UE** – In the past I tried so hard to be pretty & pleasing for others rather than please myself and I am willing to let that go now!
- **UN** – I choose to like myself the way I am
- **UBL** – I have survived! I don't live there any more!
- **CB** – I will choose now to be a personal "mother/father" to myself, I can do it!
- **UA** – I am now ready to emerge, with new energy and to make this change now to nurture myself
- **Top of Head** – I can shine my light into my ancient loss/deep anger and rage/pain and grief I am ready to see the gifts
  
- **EB** – I trust and know that a Higher Will operates in my life
- **SE** – It is the peace that passeth all understanding, I am ready to connect to that peace
- **UE**- I trust, believe and know that this too shall pass
- **UN**- I hand this over to ..... (my angels/God/Universe/Great Spirit etc. whatever you believe in)
- **UBL** - I end that which needs ending so that I can begin that which needs beginning
- **CB** - I am all grown up now, I can stand on my own two feet
- **UA** – and I have a guardian angel who will catch me if I fall
- **Top of Head** My feeling is just as important as anyone else's thinking
  
- **EB** – I know that every single person has to do it themselves in their own way
- **SE** – I empower them to do it in their own way as I now empower myself to do the same
- **UE** – I release all limitations that came from the past, inherited or borrowed
- **UN** – I am ready to begin to comprehend my true destiny and purpose
- **UBL** – I am ready now to step into my future with the ability to easily manifest my true inner desires
- **CB** – I choose to have and nurture a feeling of intimacy with my spiritual life
- **UA** – I have the tools to assist me to overcome life 'challenges'
- **Top of Head** - I *can and I will* see life more objectively

4. **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>

**Quote**  
A good book  
is a great friend  
**Chinese Proverb**

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

Feel free to join us on Facebook -<http://www.facebook.com/ReleasePeace>  
LinkedIn <http://uk.linkedin.com/in/releasepeace>  
Twitter - ReleasePeace

*Warm regards everyone*

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**Release...Peace**

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