

Newsletter April 2010

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Note from Michelle

Happy Easter Everyone! I hope you have a wonderful time over the Easter holiday. Close times with family & friends.

I feel like I am still spinning from my trip to Cork city, Ireland. It was very busy and there was so much happening for me personally as well as professionally. I had a fabulous time teaching EFT Level 1 & EFT Level 2 to a wonderful group of enthusiasts some of whom travelled great distances to be with us that day. Thank you all for your commitment!

I then had a couple of days off travelling with a friend, in the hope of going to Skelligs Islands (one called Small Skellig on the left of the picture and the larger one to the right called Skellig Michael). Unfortunately it was not to be, the boats were out of the water and we were a week too early. We managed to see the Skellig experience, a center dedicated to sharing information about these islands. I felt deeply moved at the stories that were shared. A beautiful place indeed and one I feel I must return to. The energy was incredible. I have added photos from my trip to this newsletter.

We spent time looking around Valentia Island. This has stunning views and amazing places to visit. Check out Bray Head (pic right). We then travelled to do some of the Ring of Kerry which was delightful, and then headed home Tuesday night, so I could begin consultations on Wednesday.

Due to popular demands, we managed to squeeze in an impromptu 'Releasing Blocks to Abundance' Mini-workshop. The members of the Level 1 group had expressed a desire to experience this, and we had a whale of a time that night. Lots of profound shifts, experiences and deep personal sharings.

Many of the group had or were experiencing the same core issues and so we almost had a "Tap-a-thon" that night! My thanks to the amazing ladies involved and to Alan Cashman for co-ordinating it all.

Looking back March has been a whirl-wind of a month. I wanted to get this newsletter out a few days ago but I had to stop. There seems to be so many demands on my time and energy that I had to just pull back and nurture me.

I recently met with a client of mine who is interested to have some tailor-made sales training from Release...Peace for her sales team. She was amazed at what I was up to from reading my newsletters. I told her the truth. Since watching the profound movie "Yes Man", I had decided to say

"yes" to the opportunities that came my way... and what an incredible journey it has created so far! However in the past few days I have said "No Man(!)" and pulled back to recharge my batteries! Balance is in order for me.

I leave tomorrow to catch up with a friend I have not seen since '95 and we are now both in the same country! I will be taking some time off and doing a little more recharging there.

INSIGHTS

I am so grateful for my inbox, the emails I get are so helpful in clarifying what is happening at this time not only in my life but the lives of my clients and students.

One such email came from Patricia Cota-Robles who writes "This is a time of new beginnings. We have all been going through a purging process that has pushed to the surface anything in our lives that is not serving our highest good. [Michelle adds – ain't that the truth?]"

This necessary cleansing process is often confusing and sometimes even overwhelming, but we have no other option than to walk through it. We are not being given the luxury of ignoring our dysfunctional relationships and our negative situations any longer. If we try to, more painful things surface to get our attention and to motivate us into action. This awakening process is being orchestrated by our God Selves, which is the Divinity within us that is always striving to move us forward in the Light. If we want the insanity to stop, we must remember who we are and why we are here.

The good news is that we are not being given anything that we cannot handle, and we have everything we need within us to accomplish this facet of our awakening process quickly and relatively easily. We have just forgotten how to do this. It is time for us to realize that we are not our fragmented, fear-based human egos. We are Beloved Sons and Daughters of God, and we are powerful beyond our knowing."

QUOTE

*"The beginning contains the end,
the end contains the beginning"*

Kabbalistic saying

NEW BEGINNINGS & WORKSHOPS

I am told by Tosha that the mantra for this Year of the Tiger is "Fortune favours the brave". She explains that as 'Mars is in forward motion, many people feel ready to take a new, next step in their lives.'

With this in mind I have developed a new course called 'Releasing the Mask – Uncovering Your Truth'. This has been a huge journey for me on so many different levels and I look forward to sharing it with you all soon! Contact me if you are keen to sample this profound workshop in your area.

QUOTE

"Have faith in possibilities.

Trust the invisible

and you will never be far from Home"
Gerald Jampolsky

FORTHCOMING TRAINING

We have a few more special courses on their way to you:

- North Wales – EFT Level 3 Sat 10th & Sun 11th April 2010. Starts 9.45am-6pm at the Scala Cinema.
- Hong Kong in May
- Shanghai in June

THIS MONTHS' TAPPING SUGGESTIONS

Tap along with this to help you this month - tap your Karate Chop Point:

"Even though in the past I've been filled with fear, shame, negativity and blame; driven by my ego, been judgmental to others and to myself, I deeply & completely want to accept myself" x3

- EB - Now I choose to remember who I am
- SE - I remember why I am here
- UE - Fortune favours the brave
- UN -Wonder if I could be brave?
- Chin- Wonder if I can be brave?
- CB- I remember there have been times in the past when I was brave
- UA- I can be brave again maybe
- Top of the Head - I have everything I need within me

- EB - I am excited that this is a time of new beginnings
- SE - I release anything that is not for my highest good
- UE – I release all confusion & overwhelm within me
- UN – I begin my awakening process
- Chin – I am open to moving toward the light
- CB – I release the need for darkness within me or my life
- UA – I am open to remembering who I am
- Top of Head - I am open to remembering why I am here

- EB - I can accomplish this facet of my awakening process quickly
- SE – That's my choice
- UE – Fortune favours the brave
- UN – I'm ready to release my mask
- Chin – It's safe for me to reveal my truth

- CB – I honour the truth of who I am
- UA – I choose to follow my passion & my bliss, I do what I love
- Top of Head – my thoughts, feelings & actions are now in sync

Deep Breath & sip water

Let me know how you go with this – I had a huge shift (massive yawns) doing this just at the set-up statement!

FOUR NLP POWERFUL QUESTIONS

Shared by Tom Dotz recently -

The Power of Four. How Four little questions can change your world - or the world of someone around you:

1. "According to whom?"
2. "What would happen if you did/didn't?"
3. "How, exactly,...?"
4. "Who, specifically...?"

INTERESTING THOUGHTS

Not sure where I found this gem, but felt to share it anyway. *"Change negative thinking by stopping it as soon as you are aware of it, and replace the negative thoughts with positive ones*. Taking our attention away from what was or what we wish would be, and bringing it right into the present can have a major impact on our happiness."*

As Daniel Gottlieb says, *"Life is much sweeter when we live the life we have."* *Remember to use your EFT Short Cut for this.

QUOTE

"We cannot cure the world of sorrows, but we can choose to live in joy"

Joseph Campbell

NEW! TAPPING GROUP IN CORK, IRELAND

I received this email from Alan Cashman recently. Many of you may remember that Alan did a sterling job in creating more awareness in Cork about both EFT and the training I was offering.

Alan writes, "Will you let people know in the Cork area that I will set up a tapping group on a monthly basis. I would like to do this for our own benefit as well as raising awareness for future courses that you will be doing in Cork. EFT is too powerful not to work, as you say in your own words. I want to get this out to the general public and feel this group with word of mouth, will be as powerful as paper advertisement."

For more details please feel free to contact Alan Cashman - 087-4164590 to register or for more details. Alternatively, if you are visiting Cork try and co-ordinate your trip, drop in and say hi, and do a little tapping - there is a great group of people there waiting to meet you and become new EFT tapping friends! Thanks to Alan for offering to set this group up.

QUOTE

"All the so-called "secrets of success" will not work unless you do"

Author Unknown

EFT RESOURCES

NEW E.F.T & S.E.T BOOK

Enjoy Emotional Freedom: Simple techniques for living life to the full by Steve Wells & Dr David Lake.
Key points:

- Emotional Freedom Techniques (EFT) and specifically Simple Energy Techniques (SET) enable ordinary people to help themselves overcome emotional problems.
- EFT is attracting an ever-growing following due to the effectiveness and simplicity of its method.
- The authors are leaders in the field; this book draws on over a decade of their research and innovation.

ISBN: 978-1-921497-48-3

Check the reviews here

NEW Spiritual Book "Who am I – Why AM I Here?"

You are here for a reason, and everything you need to accomplish your purpose and reason for being is already within you. All you have to do is remember. In order to help you do this, the Beings of Light from the Realms of Illumined Truth have come through the veil to meet you halfway. The amazing information that these selfless messengers of God have given to Humanity is contained in this book. It is life-transforming, and it will awaken within you the remembrance of who you are and why you are on Earth during this auspicious moment. Your time is NOW!

EFT RESEARCH GROUP NEWS

The UK EFT Research Group is compiling a practitioner database, and if you are interested in supporting the research, taking part in studies or simply being kept informed of any developments.

POSITIVE ARTICLE ON EFT IN THE PRESS

Many of you may have seen this already – there was a very positive article on EFT in The Daily Telegraph last month. Check out our News page for more details

NEW EFT RESOURCES

Two new resource websites for EFT articles have been set up in recent months, following the announcement of Gary's retirement - www.eftfree.net and www.eft-articles.com, if you submit articles/case studies, a link to your site can be included on both sites, with the second website allowing an additional promotional spiel as well

NEW SERVICES - HIGHER CONSCIOUSNESS

CHRISTINE AMALA – Hong Kong

My friend, and psychic healer Amala (pictured right), creator of the Mother Whale Codes and former general manager of the New Age Shop returns to Hong Kong for a short visit to introduce her latest healing work.

Very powerful stuff indeed. Hurry last few days in Hong Kong! Contact the New Age Shop in Hong Kong for more details.

EFT WORKSHOP

Two-day cancer support workshop – 8-9 May 2010

Being held at Craiglands, Ilkley, West Yorkshire, this workshop is for those working with cancer and wanting to explore a multitude of specialised ways to support clients, and also ideal for those caring for someone with cancer, or living personally with cancer. If you want to nurture yourself physically, emotionally and spiritually this workshop will be supportive and inspiring for you. It is presented by Dr Kate James, a conventional doctor specialising in cancer support, Dr Tam Llewellyn-Edwards, a master EFT practitioner, Mair Llewellyn, a cancer survivor and Linda Wood, who has worked with many cancer patients. Total cost £225. For further information or to book contact Dr Kate James visit <http://www.energy-therapy.eu>.

QUOTE

“Anything that brings you to a decision will be answered.

The stronger the decision is, the faster it's answered.

So if you're in a situation where it seems life or death, and the desire is strong, it is answered now, because it must be answered now to be answered at all.”

Abraham

Have a fantastic Month everyone. Thanks for your all your messages of support about this newsletter – I do appreciate them, so happy that you are reading it! Feel free to share this with your friends. Take care & warm regards to you from Michelle