

Newsletter April & May 2010

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Note from Michelle:

GROUNDING!

I was supposed to be attending the most exquisite wedding held by two dear friends of mine in Hong Kong tomorrow. With the volcanic ash and flight disruptions I have found myself grounded at home in Wales. Disappointed and with heavy heart I had to tell the ~soon to be incredibly happy couple~ I would not be attending.

QUOTE

*“One must also accept that one has ‘uncreative’ moments.
The more honestly one can accept that,
the quicker these moments will pass.
One must have the courage to call a halt,
to feel empty and discouraged”*

Etty Hillesum

I will think of them tying the knot with a sunset background at Repulse Bay, Hong Kong. Could I ask you (if you choose) to please send your blessings/prayers & kind thoughts to David & Shirley in Hong Kong so that their special wedding day tomorrow goes smoothly and according to the Highest Plan for them both and all who are able to attend.

I too ask that their day is accompanied by their amazing ancestors, the Divine Mothers, Divine Fathers and Divine Masters; the Arch-Angelic and Higher Angelic Realms. May the energy, love, wisdom & truth of Divine Union stay with them forever.

TIME FOR A CHANGE?

I have had time to reflect on how fragile our system and lives are. We make definitive plans only to have Mother Nature change them in an instant. I remember that last year (and the start of this one) I had made plans to offer introductory workshops for the public in and around North Wales. I had

not even considered for a moment that so much snow would fall that people would be unable to attend.

This is the second time such a thing has happened. Time to take note and change. As Deborah King so eloquently states:

“Destiny comes to us as small taps at our consciousness. If those little signals don’t get through to us, destiny may hit us over the head with greater force. Sometimes destiny smashes through the wall we have built between ordinary life and our divine purpose by bringing us to the brink of death or madness. Life as we have known it can cease entirely in such a passage, and yet the arms of grace extend and catch us where we fall. I am convinced we can run from our destiny for only so long before God makes it impossible for us to continue doing so.”

Think that’s where so many of us are right now. On the brink of many changes and new choices ahead.

I have been “going with the flow” in my life where I can - a lot more in fact than I did in the past. That’s been such an incredible experience [and major roller coaster ride sometimes], as my ‘controller’ EGO self was filled with dread and freaking out on a regular basis!!

I think something different is definitely needed as we move toward 2012. More acceptance - perhaps, more flexibility - possibly.. More awareness about what we are doing to our planet AND ourselves? Absolutely.

QUOTE

*“You can close your eyes to the things you do not want to see,
but you cannot close your heart
to the things you do not want to feel”*

Carl W. Buechner

FEEDBACK FROM THE GLASTONBURY AAMET TRAINER’S MEETING APRIL 2010

There were 35+ trainers & a few EFT masters from around the UK/Europe who attended the Glastonbury meeting. Some unfortunately were unable to attend due to the disruption with ash in the atmosphere. These are my brief observations (and some personal comments) about our full day.

We kicked off with an overview about the AAMET by Philip Davies who had kindly offered to step in for Helena Fone, who was unable to make the meeting. He shared that the new AAMET website was due to go live 20th April 2010!

There had been a few complications (as there always are with websites) and they hoped that the glitches they can encountered while doing this would now be ironed out. he encouraged everyone to join and register asap and to use the new AAMET logo. (Contact me if you don't have a copy and I can email it to you). A lot of expense has been incurred by Helena in the creation of this new website. There was time for questions and answers and also clarification on various points about trainers/requirements which will go up on the new website.

Jenny Vestey then took the floor and explained of the powerful work that she is doing with numerous patients (cancer patients especially) with EFT in the NHS in Pool Hospital (NHS Trust).

Jenny Cox explained her Balance Procedure which uses the body's wisdom (with the body sway test) to clear issues and come back to balance (without any tapping). She demonstrated to the group and many saw a shift with her process.

We had a marvelous vegetarian meal at the cafe opposite the venue called Glatea (+ an excellent apricot desert too!!)

Philip Davies & Christine Sutton presented their new process of 'Picture Tapping Technique' which is a combination (I hope I've explained it correctly) of a form of basic art psychology coupled with EFT. A brave volunteer sat and drew images of her issues which were then tapped on using Philip & Christine's EFT style process. We saw lots of changes and interesting images arise. Interesting concept and as Philip said can be used really well with kids.

Rowena Beaumont introduced us to her EFT journey and explained that she too had developed a new form of EFT the Emotional Freedom Light Techniques, which include all of her other tools, including working with the violet flame, her 3rd eye and laser beams to help clear cancer and other illnesses.

The final speaker was Chris Bourne who talked about the Planetary shift of consciousness happening in 2012 and what is happening on a global scale for us & our clients. A very powerful presentation for me, as it highlighted & clarified the shifts and awareness's I have been going through in the past few weeks. I was glad Chris was able to make sense of it all pretty much in a systematic way. He has had a number of profound experiences happen to him which he shared, and I can only say that he sure was 'ringing my bell' when he talked about how nature/birds can share some exquisite messages. Just being more aware and open can bring you so much information - right down as we know to songs on the radio.

Made me smile....Chris shared with the group that everything has a message (what I talk about in Levels 2 & 3). Many of you know I know this, but it was nice to hear it again and it reminded me of the powerful times these same synchronicity's have happened in my life. What bliss! The day ended with a few reminders of the EFT Masterclass in London later in the year, courses in Slovenia, and information about the next EFT Gathering in Ilkley in January and also in the Midlands later next year (May or June I think?) Rowena offered to host another Trainer's Gathering again if required (perhaps in 2 years' time). We said our goodbyes. Let's hope we meet again!

I went off to have a powerful & profound Tibetan Pulsing session which included some iris assessments and then clearance using Tibetan acupuncture points and movements. Was amazing & deep, very different way of working with the Tibetan forms of acupuncture points with movement. A lot of shifts and to top it all - I slept like a log!

Walked up the Tor on Sunday morning at 7am, watched the sun rising (it was magical) and then travelled home again on Sunday mid-morning totally refreshed, rejuvenated and very happy! Please check out the photos on my site from my recent trip.

P.S. 29th April 2010 - just received this link with a review on the AAMET site www.aamet.org

KIND COMMENTS

I received an email (the contents of which are below) from a client I saw a while back in here in the UK, and when I read it, I cried. I remember how this person was when they arrived to see me, and the depth of pain that they had been carrying for such a long time. We never know what happens to our clients, some contact us to do more work, others move on, live their lives, we just do the best we can at each moment and leave it at that. It's emails like this that make it all worthwhile!

"Hi Michelle.

I saw you in Feb for a 2hour session in relation to my anxieties in respect of my past abusive relationship. . .well it's amazing. I have had 4 incidents now of passing him and one where our vehicles were just a few feet away and traffic was moving very slowly and I just felt nothing. No panic attacks, anxiety . . . nothing.

Yesterday was probably the best as although I registered him it was like I was just passing a person I barely knew. It really has giving me so much confidence and I feel very much in control again. I also don't feel as insecure in my current relationship either. I'm sure as time goes on this will develop more. I really thought I would never get over the fear and panic this man had left me with and had even come to terms with having to accept that is how life would be.

I couldn't have hoped to ever have come this far particularly in such a short time after living that way for so many years. I feel I am on a new path in life and I love it. Many, many thanks and keep up that amazing work. 'Z' x "

Thanks Z for sharing and totally making my day!

QUOTE

*"The doctors of the future will give no medicine,
but instead will interest his patients in the care of the human frame,
in diet, and in the cause and prevention of disease"*

Thomas Edison

FORTHCOMING TRAINING

We have more training on its way to you:

Hong Kong in mid-May

Shanghai in early June

Zurich in late June

Bray, Ireland in early July - at the Novara Centre.

North Wales mid-July

Please contact us if you have any questions. We look forward to seeing you in the very near future at a location near you!

EFT RESOURCES

AAMET WEBSITE

Check out the new site and remember to register as none of the old details are now available on that site. There are various membership levels so please check to see which is appropriate for you.

SEVERE TRAUMA RELIEF WORKSHOP IN NORTH WALES

Saturday 12 June 9.30 – 5.30 & Sunday 13 June 10.00 – 5.00 Cost £167.

Where: Action for Children, Longfields, 11 Sontley Road. Wrexham, North Wales LL13 7EN. Ph: 01978 264 040 Email: longfields@actionforchildren.org.uk

Dr Shoshana Garfield, PhD in psychology, has over 20 years experience in helping people release their toxic emotions. Prerequisite EFT Level 2. Please contact Shoshana with any queries: Shoshana@unlimitedemotionalfreedom.com or Ph: 01792 20 66 43

EFT MASTERCLASS LONDON OCTOBER 2010

Get ready for the fifth Masterclass and the third in London. Held on Saturday and Sunday, October 2/3 2010. This is an opportunity to share, learn, experiment & explore together. There will be options to fit the needs of beginners and experienced tappers. Much of it will be EFT. Some will introduce other ideas and approaches that fit beautifully with EFT, that make more sense of what we do or expand it to wider horizons.

Feel free to forward this email to your friends. Thank you.

Kindest regards - wishing you much light on your journey.