

## Newsletter August 2010

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NOTE from MICHELLE

Hello Everyone!

It's been an interesting time these past few weeks, I feel that much is on it's way, and yet still more patience is needed! Feels like I have so much that I am juggling; working with and on. Sometimes I end up dropping a few things and yet other times all seems to go so well. Love this next clip supplied via Tosha Silver (especially the lyrics of the music that accompanies it) Click this link or paste it into your browser to watch, remember - have the sound turned up! I will be posting new dates up for my forthcoming training shortly - it seems that I need to have a whole load of patience about this! Deep breath in... will post more soon.

I have also had friends/visitors from Lancashire and also Switzerland come and visit Rhyl (see picture right), so I've been playing the role of tourist guide and it's been lovely.

While being the guide for a friend in Ireland I also managed to fit in a visit to Skellig Island. A beautiful part of the Irish coastline something I have been wanting to do for a while. It was truly spectacular and I feel very blessed to have had a chance to do it. I shall post photos of Skellig Island on this page after my return to Wales from Ireland, as well as my Facebook page. (there are heaps more on my facebook page with lots of descriptions too!

### QUOTE

*"There are short-cuts to happiness, and dancing is one of them"*

*Vicki Baum*

### A JAPANESE FOLKTALE

This next story was one I found on my travels in Hong Kong and really made a lot of sense to me.

There is a Japanese folktale about a man who had a huge hideous growth on his face. Fearful of ridicule and rejection, he avoided everyone in the village and spent a miserable, impoverished life as a maker of charcoal. Each day he'd go into the woods and gather sticks, bringing them home, and burn them into charcoal, from which he and his wife eked a meagre living.

One day, while gathering his sticks, a terrible thunderstorm appeared out of nowhere. The man dashed for shelter inside the hollow of a large old tree. When the storm finally passed, it was night.

Just as he was about to venture into the night, he heard some very strange sounds. Right in front of his eyes was a bizarre gathering of hobgoblins, dwarves, and other mutated creatures.

Some had three legs; others had eyes dangling from their heads on stems.

These creatures were various colours, some were furry, all were unquestionably hideous from the ordinary human point of view. It was a party and soon drumming and dancing ensued. The charcoal burner watched in delight as the music got stronger, louder and the hobgoblins danced. His feet started to itch to join them. But he was afraid they might devour him. He stood in the tree hollow, listening to the music, until he couldn't bear it any more.

He burst out of the tree hollow and began to dance. He was brilliant. The hobgoblins all stared in admiration as the charcoal burner flipped and twirled, basically stealing the show. When the dance was over, the creatures begged him to return the following evening; they had never seen such a talented human. They demanded a pledge for his return.

To them, his unsightly tumour was an incredible asset. They insisted he leave it behind to ensure his return! Suddenly the growth was gone. He ran home, the happiest man in the world. But even better the bottom of his charcoal basket was filled with gold. The charcoal burner became the wealthiest man in the village. By letting go of his fear of rejection, he had discovered his true currency: his talent for dancing.

And he learned that even his tumour had value – for the right audience.

#### **QUOTE**

*"Dancing is like dreaming with your feet"*

*Constanze*

#### **WAKING FROM A BAD SLEEP**

While on my travels I found this interesting article. "Recovering from a prolonged lack of sleep takes longer than we previously thought, according to a study published in Science Translational Medicine.

A test group that slept six hours a night for 3 weeks showed poorer motor skills, reaction times and ability to concentrate than after one night spent entirely awake, even after ten hours of uninterrupted sleep.

The study indicated that sleep loss affects the brain in two ways: lack of sleep impairs vigilance in the short term, but chronic sleep loss is also detrimental to performance. Scientists have not yet determined how many nights of good sleep we need to fully recover from long term sleep loss."

#### **SLEEP CD AVAILABLE - SPECIAL OFFER**

If you suffer from sleep loss consider this offer:

I have created a CD which is designed to help you sleep. It takes you through the levels of relaxation and invites you to continue listening until you drop into the state we know as sleep. At the end of the recording you can remove your earplugs/phones/headset; turn over and continue on to sleep. Continued listening reinforces the positive suggestions on the recording which are designed to help

you sleep deeply through the night. An emergency can wake you and you can attend to it; and then return to deep sleep within a few seconds. Let yourself be recharged each night so that you can wake refreshed and ready for the day!

To order and purchase your CD please feel free to browse my store and shop:

I do have other CD's for sale too. Alternatively if you wish to have a tailormade recording created just for you – please contact me now. Thank you!

**QUOTE**

*“Leap, and the net will appear”*

*Goethe*

**WHAT’S HAPPENING?**

Thanks again to Tosha Silver for this helpful info: “Well, if you're still feeling like we are in a hell of a time, yes, you are so right. Saturn and Uranus created their final opposition Monday night (finishing off a dance that started mid-2008). You might want to look back at what was happening mid-to-late 2008 as it may be ending now. But that's hardly the end of the story... Read more – click this link

It seems surrendering to the flow and letting it carry you across is the key. Not only that, in a further newsletter just out she says *“practically every area of life right now needs a delicacy, compassion, deep breathing and flexibility. More here”*

So hang in there folks – hopefully it won’t be too long before we are out of this... (and into something else!) I also feel that it’s time for a change and to do more of what we are passionate about.

**QUOTE**

*“To realize the worth of the anchor  
we need to feel the storm”*

*Anon*

**RESOURCES**

Website with helpful online resources for spiritual meanings of conditions

HYPNOBIRTHING PRACTITIONER TRAINING – Mongan Method

Course dates 27th - 30th September 2010. Location - The Knox Centre, 28 Bealey Ave, Christchurch, NZ. Visit Stephanie's website Contact: Stephanie Gardiner Tel: 03 3848506 or 021 313 161

**MUSIC FESTIVAL**

Wales 2010 - Women in Tune Festival 12th-14th August, near Lampeter, Wales

The Women in Tune Festival (affectionately known as WIT) is a celebration of and for Women In Music. EFT and Relaxation sessions with Yolande - Learn the basics of Tapping – one of the most

powerful tools for well-being. Release the things which are bothering you and leave feeling refreshed and fantastic!

***Final Quote***

*"You have the power to heal your life, and you need to know that.  
We think so often that we are helpless, but we're not.  
We always have the power of our minds...  
Claim and consciously use your power"*

*Louise L. Hay*

Please feel free to forward this newsletter to your friends and loved ones! Kindest regards and wishing you a wonderful summer! Many Thanks Michelle