

Newsletter August/September 2010

In this edition:

- Note from Michelle
- Moving Home – it's finally happening!
- Forthcoming Training
- Maintenance Programme
- Resources

Hello Everyone!

Hope you are enjoying the summer/winter wherever you are. I am sending this edition out early as there will be a lot going on for me in the next few weeks.

POINT FM RADIO

If you do get chance to listen in, I will be on Point FM radio on Wednesday evening 18th August at 8pm (local time UK). The easiest way to listen is to go on line. I would be thrilled if you could message us, send requests or ask any questions you might have. Steve is keen to know more about EFT – so that'll be interesting. [Click here to go to the Point Radio website](#)

MOVING HOME

Again! Yes I know, I'm a gypsy at heart however, after much searching I found a wonderful place about 20 minutes away from Cork, Southern Ireland. On August 20th I (along with my folks in their campervan!) will move lock, stock and barrel to Ireland.

I felt it was time for me to spread my wings and begin a new chapter of my life, this time in the Emerald Isles – as I truly love being there. Wales had been very nurturing for me – especially after leaving my comfort zone New Zealand, however I am ready for my own place and space, and although I shall miss my parents and family; it's time for me to move on.

I felt the call at the end of last year, but nothing quite fell into place. Thankfully after MUCH patience - it now has. I looked for a good few months and finally settled on a small quaint place called Cobh. A place steeped in history [read more about Cobh here](#); and a bit more about the town itself [here](#)

I still plan to travel & work in Asia as well as Europe but have decided to make Ireland my home. Thanks to those of you who have already wished me well! No doubt there will be some tapping over the next few weeks as I transition in my new 'home'.

QUOTE

*"Can miles truly separate you from friends...
If you want to be with someone you love,
aren't you already there?"*

Richard Bach

FORTHCOMING TRAINING

I have a very special offer for those who live in/near Cork:

Ireland: Nr Cork. I will be offering an EFT Level 1 Training on Sunday 19th September from 10am-6pm. As I will not need to travel or have accommodation costs I am offering this training at a – one time only - very reduced rate of €50 in celebration of my move to Ireland! If you have already trained in EFT Level 1 and would like to repeat before going onto Level 2 I am offering this repeat at 50% off – that means €25! Come and have fun releasing your inner blocks as well as meet some EFT enthusiasts! Contact me for more details of what to bring; how to prepare and the workshop location. To take advantage of this very special offer click below:

EFT Training nr. Cork

EFT Level 1 - adult €50.00 EFT Level 1 - child €25.00 EFT Level 2 - adult €160.00 EFT Level 2 - child €80.00

Ireland: Nr Cork. I will be offering an EFT level 2 Training on Saturday 25th and Sunday 26th September (two days) from 9am-6pm. As I will not need to travel or have accommodation costs I am offering this training at a – one time only - very reduced rate of €160 in celebration of my move to Ireland!. If you have already trained in EFT Level 1 and would like to repeat before going onto Level 2 I am offering this repeat at 50% off – that means €80! Expand your skills and meet some wonderful EFT enthusiasts! Contact me for more details of what to bring; how to prepare and the workshop location. To register contact me.

Hong Kong: I will be in Hong Kong from 9th October offering EFT training and consultations – please feel free to contact me.

QUOTE

“Listen to what you know instead of what you fear”

Richard Bach

MAINTENANCE PROGRAMME

Are you ready to begin a new and different path? Our Maintenance Programme is designed to assist and help EFT Level 3 Practitioners get the most out of your investment, time and training. You can choose exactly what you need with the method and price you desire. Contact Michelle if you have another option in mind.

Our Maintenance Programme is totally tailored to your individual needs and offers you “individual input as & when you need it.” Utilizing all you have learned during your EFT training we encourage you to take extra steps to integrate these skills in your life/work/toolbox on a permanent basis.

Solidify yourself in your own growth, understanding, in your own work as an effective EFT Practitioner and take what you have learned to the next level. For more details about our Maintenance Programme exclusively for EFT Level 3 practitioners click here

QUOTE

“Every problem has a gift for you in its hands”

Richard Bach

RESOURCES

Tapping Statements to Help

Dr. Luanne Oakes wrote some of the following statements in an article in Kindred Spirit recently. I felt a number would make a great tapping sequence and have added a few of my own at the end. If you are new to EFT please read more here, or download the FREE ABC of EFT handout:

Karate Chop “Even though it’s been a bumpy ride for me recently, I deeply & completely accept my feelings and how I feel” x3

- EB – and I choose to know that I am radiantly healthy
- SE - I choose to feel and be vibrantly energetic
- UE - I am appropriately lean, muscular and strong
- UN - I am attracted to have nutritious foods, fruits and vegetables
- Chin - that are appropriate for my individual body type
- CB - I am filled and over-flowing with optimism
- UA - I am surrounded with loving, harmonious relationships x3

Karate Chop “Even though I feel like things are moving very slowly, I deeply & completely accept my feelings and how I feel” x3

- EB –I am surrounded with loving, harmonious relationships emotionally, physically, spiritually and financially
- SE - I attract life forces in all appropriate forms to include money and
- UE - I now enjoy financial freedom
- UN - I am creative, light-hearted and optimistic
- Chin - I am wise and seek wisdom from my inner voice
- CB - as well as those who are wiser than myself;
- UA – all who provide me with tremendous support emotionally and intellectually x3

Karate Chop “Even though I have felt lost, I deeply & completely accept my feelings and how I feel” x3

- EB - I always receive appropriate guidance
- SE - I choose to feel happy, joyous and free
- UE - I accept only statements/information that are/is appropriate for me
- UN – I can let these old situations go now
- Chin – It’s safe for me to let these old situations go now
- CB – I trust and know that I am in a transition phase
- UA – I choose to be more loving towards myself in this phase x3

Then I read the following in Tosha Silver's astrology article which also gave me inspiration to create this tapping sequence for myself using some of the info there and adding again my own statements at the end:

Karate Chop "Even though I have been holding onto the past/past situations/relationships, I choose to put that behind me now, and I deeply & completely accept myself and who I am" x3

- EB - I choose to let it be okay and know it will be ok
- SE - I choose not to push for resolution and to stay at peace
- UE - I invite Divine Order into my life/this situation
- UN - I no longer settle for less
- CHIN - I welcome being confused as I know I am in transition and change will follow
- CB - I choose peace during this transition and let go
- UA - I allow myself to love myself more x3

Karate Chop "Even though I am now creating a strong inner foundation, I deeply & completely accept myself and who I am" x3

- EB - I choose to go with the flow and avoid pushing the process
- SE - I take care of what's obvious to complete now
- UE - I complete projects that have been around for too long
- UN - I choose to be balanced and not get lost in my feelings
- CHIN - I sing as my "boat" moves through this emotional time
- CB - I keep focused and keep rowing my "boat"
- UA - I choose to connect more with my heart x3

Karate Chop "Even though my feelings may come and go with tremendous intensity, I deeply & completely accept myself and my feelings" x3

- EB - I choose to resonate more with myself
- SE - I take care of my triggers
- UE - I can give myself what I need
- UN - I choose to respect myself and my needs
- CHIN - I pay attention to my needs
- CB - I maintain my power at all times/in all situations
- UA - I choose to be more grounded/firmly rooted in myself x3

QUOTE

*"Every person, all the events of your life are there
because you have drawn them there.
What you choose to do with them is up to you"*

Richard Bach

EFT LINK

Thanks to Kiri for this interesting link sort of about EFT with Joe Vitale (although if you remember EFT only began in the early 90's) and Nick Ortner.

WONDERFUL BOOK

Found an old copy of the book by Richard Bach titled Jonathon Livingston Seagull. Totally made sense to me, (helped soothe my soul) and reiterated the power of trusting yourself and forever moving forward, upward and onward. Here was a review of this book on Google

Here's another review: *"People who make their own rules when they know they're right...people who get a special pleasure out of doing something well (even if only for themselves)...people who know there's more to this whole living thing than meets the eye: they'll be with Jonathan Seagull all the way. Others may simply escape into a delightful adventure about freedom and flight. Either way it's an uncommon treat"*

QUOTE

*"Allow the world to live as it chooses,
and allow yourself to live as you choose"*

Richard Bach

All the best to you all for the start of the school term or the final third of this year! Michelle