

NEWSLETTER **from Michelle Hardwick** **December 2010**

In this Newsletter:

- Note from Michelle
- New Work
- Leap of Faith in Shanghai
- Interview with Jena Griffiths
- Short Sicilian story about Fate
- Tapping Suggestions
- Forthcoming Training in Asia
- Resources
- Christmas & New Year Holiday Wishes

NOTE from MICHELLE

Hello everyone from Malaysia. It is monsoon time here and I have never seen such downpours! They occur so quickly and intensely. Really incredible. Extreme weather and deep cleansing. Now it's the last month of the year! I am amazed at how the time has flown.

What an interesting time it has been too, since I announced that things in my life and work are in a process of change. Many of you wrote to me and I am truly grateful for you all, for your comments. I am so happy you are all part of what I am proud to call my 'Spiritual Family'.

To highlight this I wish to share what Cheryl, a very dear friend, emailed me:

"Hello my Friend,

I've just finished reading your newsletter and send CONGRATULATIONS to your launching of YOU! You have offered YOU through the form of EFT and I'm grateful for learning this technique and NOW I'm so excited to read you will be launching YOU in YOUR form. It seems to me that we learn to speak the language of others in order to learn our own language. With our eyes so conditioned to see and interpret 'reality' from out there, we see others and the 'others' way' more clearly than we see ourselves. This myopic way of seeing, being neither good or bad, becomes a tool that when recognized for what it is, is a mirror unto ourselves. People, and women historically, have not recognized the eyes or language of our own hearts, having not the opportunity over thousands of years. Generations on both sides of us have provided this incredible time and opportunity for us to step into our own skins, to own all of what we are and can reveal... You Go Girl!!!!!"

I also include the next thing Cheryl read after she sent the above:

Pierre Teilhard de Chardin is one of the most influential Evolutionaries of the twentieth century. His vision for humanity's role in the grand story of evolution has inspired countless individuals, many of whom have appeared on the pages of EnlightenNext magazine. One of the most interesting examples is human potential pioneer Jean Houston, who befriended Teilhard after a chance encounter in Central Park in 1951 when she was fourteen years old. In the following excerpt from an EnlightenNext interview, Houston describes an exchange with "Mr. Tayer," as she called him, in which he shares his spiritual interpretation of evolution:

*"We need to have more **specialists in spirit** who will lead people into self-discovery," he told me.*

"What do you mean, Mr. Tayer?"

He said—and this is exactly what he said;

I was taking notes because I knew I was in the presence of greatness—

"We are being called into metamorphosis, into a far higher order, and yet we often act only from a tiny portion of ourselves. It is necessary that we increase that portion. But do not think for one minute, Jean, that we are alone in making that possible. We are part of a cosmic evolutionary movement that inspires us to unite with God. This is the lightning flash for all our potentialities. This is the great originating cause of all our shifts and changes.

Without it there is nothing but struggle and decline."

Jean Houston quoting Teilhard de Chardin"

Very fitting don't you think?

To continue, I still feel that my work is in the process of being grounded within me as I make many changes within. Even went for a haircut 'trim' in Hong Kong and left with a lot less hair! On one level it felt like I needed to let my old/dried-out curls go, and make way for the new. (Go to the newsletter page to see a shot of the new look <http://www.michellehardwick.com/newsletter.htm>)

NEW WORK

In January I will be returning to Hong Kong and I have been asked before I leave to run another EFT course for those of you who are part way through your training and wish to complete it. When I return to Hong Kong in October/November 2011, I will be sharing and teaching my new work, which I will launch in the Spring of next year, in Norway.

When I return to Ireland in February next year, I will take time to write and to create workbooks for these new levels of EFT and Hypnotherapy. I am looking forward to going 'home' and spending creative time in my apartment.

I am really ready to step up the work I am offering to a more "multi-dimensional level" – both with the EFT client consultations, as well as with Hypnotherapy in the form of past lives, soul journeys and soul wisdom. My intention for my new work is to connect more deeply with the soul of my clients, allowing the soul space and opportunity to voice what it needs for the highest good of the client in whatever way is needed from the souls' perspective. The consultations are very profound.

To read more go to the newsletter - <http://www.michellehardwick.com/newsletter.htm>

Quote

"The best fruit of a tree is usually found way out on a limb."

Thanks to Marlys for this one!

LEAP OF FAITH IN SHANGHAI

My heartfelt thanks too, to Patrizia Cotti - a very powerful energy therapist in Shanghai - for her recent prompting. I took a leap of faith and launched part of my new work there in November. The workshop below came as a direct result of a conversation Patti and I had.

Patti was asking if I could teach her about the way I work with crystals. I am able to access the messages, records, purpose of the crystal or specific information the owner needs to know about the crystal. Something I have been able to do since my training as a record keeper, but not a skill I have promoted or even recognized I had until earlier this year with a Yamazaki at Frank n Sense in Shanghai.

Patti asked if we could have a workshop for me to teach/share more about this. Initially I was unsure... however when I connected to my intuition, I felt like it would be a nice experience. So on Monday evening 15th November at around 6.30pm 11 wonderful women came to join together at Patti and Therese's home, where we:

- Cleared the 3rd eye (with EFT); releasing doubts/fears etc so that we could see clearly into the crystal and get clear messages or information
- Opened the Crown chakra (with EFT) to receive Universal knowledge
- Discussed methods to work with the ego for our highest good
- Completed a group meditation/visualization to connect with crystals and the being/keeper in the crystal
- Interpreted the messages from the crystal (individually and as a group)

I took my note pad with the above list and with no overhead, no slides, no projector no computer (yes me!) – accompanied with a whole lot of trust! I connected to my guides and intuition as to what we needed to do for the highest good of all.

It turned out to be a relaxed, light, powerful, profound and fun evening of sharing. The energy that came through that evening was wonderful and I feel so blessed to have been able to have such an opportunity to co-create with a wonderful group of women. What a gift to dive in and 'go with the flow'. The allowing of Spirit/Universe and my guidance to flow was awesome. I have added a few comments of some of the participants (removing personal details to maintain privacy):

"I can still connect with this beautiful and powerful energy and the center of the earth. I loved this evening deeply am so thankful and blessed to have been able to reconnect with something bigger."

"Thanks for that magical evening at Patti's. I thought it was going to be a simple talk on crystals and it turned out to be a transformative experience. I felt some restraint did fall away that night and so much energy since."

"The moment I reconnect with our evening, I feel joy spreading within me, the deep connection with you and a strong sense of unity with the universe and creation. That feeling starts from my chest area and as I allow it to spread, it goes into my arms, throat and head, especially my forehead, down into my belly, pelvis and legs until my feet and now I can feel it circulating within me and spreading out in my environment. Thank you for bringing that evening and all it held, into manifestation. We all are significant and unique pieces of creation."

"Just want to say a very big Thank You, for creating last night's gathering. I have to say I was in a different place today after last night. I was so peaceful today, and when met some of the others at meditation, we were all blissed out. You've left a trail of bliss here in Shanghai. That means you have to come back sooner..."

If you are keen to have this workshop in your area, do let me know...

I will be starting a meditation group in person when I return to Cobh, Co. Cork Ireland (for the time I am based there). If you are interested I could offer this in Hong Kong and/or Singapore in January. Email me and let me know please.

ONLINE GROUPS

I am also going to be doing this style of meditation online from March 2011 for those of you who are based in other areas of the world who might not be able to access this work in person.

To read more go to the newsletter - <http://www.michellehardwick.com/newsletter.htm>

INTERVIEW with JENA GRIFFITHS

Last month I had my first live online interview with Jena Griffiths. Many of you may remember me sharing about my experience of my hand analysis in Zurich with Jena. So I plunged into the unknown, without notes or prompts and just talked to Jena on what had I experienced with EFT and Depression. I personally felt it went ok for the first time – have a listen and do let me know your thoughts:

<http://ds1.downloadtech.net/cn1086/audio/21243019874555-001.mp3>

Kind Comments - Many thanks to all of you who emailed me and messaged me on Facebook with your kind comments about this Interview. Here are a few:

"Hi Michelle, have just been listening to you on the call with Jena Griffiths. It was terrific, well done! Really enjoyed listening to you, was a great refresher on my Level 2 training. I tapped along, could especially identify with the "rejection" aspect of the issue. Really felt a marvellous shift in myself. Intend to play the session again with a friend of mine who is quite "down" at the moment."

"Listened to your radio show fantastic brilliant could not fault anything it was great to hear you. You are truly an inspiration. I am off to tap with a client this morning so loved the part about depression I learn something every time I hear you. Much love xx"

"Hi Michelle - Well done. Really informative and uplifting talk. x M"

"Congrats Michelle on the radio interview! Really calm, clear and very insightful... You were and are perfect! :) xxx"

"Loved, loved, loved the online chat M! :)"

To read more go to the newsletter - <http://www.michellehardwick.com/newsletter.htm>

SHORT STORY

There is a tale of a Sicilian girl named Catherine. She lived in a sumptuous palace with her wealthy Father. One day she was visited by Fate, who asked her if she wanted her good fate at the beginning of her life or at the end. After a pause, Catherine decided that she wanted a good fate in old age. Immediately things started going wrong: her Father lost his fortune, thieves ransacked the palace, her Father died and she was left penniless in the street. She found employment as a servant, but as soon as she started to feel comfortable Fate came in and tore the place apart, each time forcing Catherine to flee in terror.

It wasn't until Catherine summoned up the courage to confront Fate that things changed. Even then Fate worked mysteriously. For instance, Catherine was handed a skein of silk thread, and when the King announced that he needed a shirt woven of a particular colour it was up to Catherine to weave the cloth...

You know how the story ends...Fate was just waiting for Catherine to change her own destiny."

As we become more aware and awake, we may indeed notice how we choose situations that affect what we call "Fate" as well as how our fears determine our choices (or lack of choice). (Excerpt from a book called "What are you afraid of?") To read more go to the newsletter - <http://www.michellehardwick.com/newsletter.htm>

Quote

*"Courage doesn't always roar.
Sometimes courage is the little voice
at the end of the day that says
I'll try again tomorrow."
Mary Anne Radmacher*

TAPPING SUGGESTIONS

The courage of my clients these past months has been awe inspiring. Many are addressing some very deep, long standing issues (karma) that are keeping them locked in patterns that are no longer serving them. It is always a huge privilege to be told something that a client has not shared with anyone within their lives no matter how long it has been: 5, 10, 20+ years.

It is so powerful to have someone take the decision to make an appointment; share their information/truth and do the work. This step ultimately frees us from limitations, beliefs, experiences conditioning and/or habits from the past. Facing this "stuff" is a massive step; but one that brings massive rewards. A consultation need not be painful instead completely liberating; however it does require a desire for change.

There have been recurring themes during this trip for me and my clients. I have been so encouraged to see clients making the empowering step to change their past and therefore naturally their future. Here are some of the themes:

- Lack of self-trust, lack of trust, lack of self-belief (see story above!)
- Giving power away, feelings of inadequacy, no will, feeling stuck
- Helplessness, lost opportunities, hopelessness, injustice
- Old childhood wounds being triggered
- Ancient anger. Then underneath the anger - hurt, sadness, guilt, fear & grief
- Generational inherited patterns/blueprints – Mother, Father, Grandparents, relationships
- Procrastination – fear of failure/success; lack of self-confidence/esteem

Have any of you been seeing the same patterns in your life or the lives of your clients? Feel free to clear this with the following protocol ~

Tapping on your Karate Chop:

"Even though I have these themes of(whatever resonates with you from the above list or your own 'stuff') - I choose to release whatever might block or delay the good that is available to me from the highest realms. I choose to free myself from the inherited patterns/blueprints and the prisons of blame, shame, guilt, pain, resentment, fear, jealousy, unforgiveness and any other limiting emotion that keeps me tied to the past so that I may receive the highest vibration on all levels and dimensions of my being and come into alignment with my divinely-selected life-plan; and I deeply and completely accept and love (or I deeply and completely want to accept and love ~ if you are not there yet) all of who I am."

(Thanks to Tosha Silver for the inspiration for a part of this set-up statement).

Now using the shortcut process of EFT:

EB – releasing the lack of trust and self-trust, lack of self-belief
SE – In the past I gave my power away
UE – I have this outdated belief in inadequacy, I lack inner will
UN - I release this inner helplessness, hopelessness
Chin - releasing the grief from those lost opportunities,
CB - I had a right to feel that injustice, but it serves me no more
UA - I am ready to bring healing to these very old wounds from childhood
Top Head – I let go of all energy that doesn't belong with and to me

EB – I now choose with my full will and power to free myself from the ancient anger I carry
SE – I can bring love and light to the hurt, sadness, guilt, fear & grief that lies beneath the old anger
UE - I am grateful to my ancestors for all they have done
UN - Now I decide which of these generational inherited patterns/blueprints I choose to carry forth and which to now release
Chin – I wonder if I am ready to forgive my Mother, Father, Grandparents, past relationships
CB – I release any blame, shame, guilt, pain, resentment I still carry within & around me
UA- I unhook myself from all fear, jealousy & unforgiveness
Top Head – I release all energy not fully aligned with my greater purpose

EB – If there is any other limiting emotion that keeps me tied to the past I let it go now
SE - so that I may receive the highest vibration
UE - on all levels and dimensions of my being
UN – I am ready to come into alignment with my divinely-selected life-plan
Chin - I choose to know deep within who I am that I am unique
CB - I have something to offer
UA - It is my right and duty to be myself
Top Head - I am becoming free, powerful (with grace) and successful

Tapping on your Karate Chop:

"Even though I have struggled with these past stories and sometimes liked to play the role of victim blaming others for my difficulties, I reclaim my power now and I now invite success and prosperity into my life, mind, energy field and heart, and I deeply and completely honour the journey I have taken and am excited about the journey that is now ahead of me"

EB - I reclaim my power now
SE - I now invite success and prosperity into my life, mind, energy field and heart
UE - I attract people and situations that will help me offer my service
UN - Everyday in every way I am getting better and better
Chin – I now expand my consciousness to where it needs to be
CB - I choose to align with truth and love
UA – I can begin to trust myself & the Universe again
Top Head - I am open to believing in myself & the Universe again x3

To read more go to the newsletter - <http://www.michellehardwick.com/newsletter.htm>

Quote

The secret of happiness is freedom.

The secret of freedom is courage"

Thucydides

FORTHCOMING TRAINING

- **Malaysia - Kuala Lumpur** from 1st-8th December. I will be at Lightworks Malaysia offering private consultations and the "Raising Your Consciousness mini-workshop".
- **Malaysia - Penang** in the Lifeworks Centre from 9th-17th December. I will be offering private consultations and the "Raising Your Consciousness mini-workshop".
- **Hong Kong** - I will be returning to Hong Kong at the start of January to offer EFT Level 2 training in English and also translated into Cantonese. This workshop will take place over 3 days. Friday 7th, Saturday 8th and Sunday 9th January 2011 at the House of Light. for more details go to this link: <http://www.michellehardwick.com/news.html#cantonese>
- **Hong Kong - EFT Level 2 Training** in English during the week this time - January 12th and 13th from 9.30am-6.30pm (both days) at the Shakti Healing Circle click here [This will be the last time I teach this form of EFT in Hong Kong & Asia. So if you are thinking about doing EFT Level 2 or 3 please be quick and book now!]
- **Singapore** mid-January 2011 - more details coming soon. Watch this space...
- **Hong Kong - EFT Level 3 Training** in English - January 29th and 30th from 9.30am-6.30pm (both days) at the Shakti Healing Circle click here [This will be the last time I teach this form of EFT in Hong Kong & Asia. So if you are thinking about doing EFT Level 2 or 3 please be quick and book now!]
- **Cobh, Co. Cork, Ireland** - Sunday 6th March, EFT Level 1 Training. Location to be advised. [This is the last time I teach this form of EFT in Europe. So if you are thinking about doing EFT Training please be quick and book now! Minimum numbers apply]
- **Cobh, Co. Cork, Ireland** - Saturday and Sunday 26th & 27th March, EFT Level 2 Training. Location yet to be advised. [This will be the last time I teach this form of EFT in Europe. So if you are thinking about doing EFT Training please be quick and book now! Minimum numbers apply]
- **Cobh, Co. Cork, Ireland** - Saturday and Sunday 7th & 8th May, EFT Level 3 Training. Location yet to be advised. [This will be the last time I teach this form of EFT in Europe. So if you are thinking about doing EFT Training please be quick and book now! Minimum numbers apply]

To read more go to my newsletter <http://www.michellehardwick.com/newsletter.htm>

Quote

*"Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true."
Alfred, Lord Tennyson, 1850*

CHRISTMAS & NEW YEAR HOLIDAY WISHES

I would like to thank you for being a part of my journey this year. May you have a very peaceful and blessed time. I hope that all your wishes and dreams for 2011 - your life, family and career, be blessed on all levels and dimensions! I will be taking a holiday in Bali - from 17th for Christmas & New Year. I look forward to resting and recuperating ready for the year ahead.

Quote

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

Hal Borland

Warmest regards to you and your families wherever you are....
Thanks to all

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Release...Peace

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"Let the beauty of what you love be what you do." ~ Rumi