

Newsletter December 2009 & January 2010

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NOTE FROM MICHELLE

Hi everyone! Goodness this year has really flown, I have almost been on the road for 3 months and will be returning to Wales at the start of December. What a journey this has been. One of letting go of my things/belongings in my container in NZ – thanks to everyone who helped me with this – I appreciate you! Then meeting new people in NZ, Oz, Shanghai and Hong Kong, and re-connecting with friends in Newcastle, Australia. This has been a big year and I feel blessed to have had such an experience with all of you who have attended the new workshops I have been offering.

Am I ready for 2010? Yes absolutely! I have let go of so much, I am excited to see what takes it's place. If I don't speak to you beforehand, I would like to wish you all a wonderful time over the Christmas holidays and may the new year 2010 be all that you wish and dream it to be!

QUOTE

*"Nobody can go back and start a new beginning,
but anyone can start today and make a new ending"*

Maria Robinson

NEW YEAR

As 2009 draws to a close what action will you take to make a new ending and start your New Year 2010 in a new way? If you don't have a dream, what is there to come true? Avoid carrying your baggage into 2010; release the old and start a new. If anything is holding you back (an experience, a person, a limiting belief) consider giving yourself permission to grow, evolve, change and emotionally heal.

EFT GATHERING 30/31 JANUARY 2010

Come and join EFT enthusiasts of all levels, ages, countries in this fantastic live event. Held on the last weekend of January 2010 at the Craiglands Hotel in Ilkley, UK. We have a fantastic programme of presenters with a wide range of topics. You might even see people you recognise presenting on Saturday or Sunday (to mention two – Gary Craig on Saturday and on Sunday I will be presenting!)

This year they are raising funds for EFT Research and the AAMET and have still managed to keep the price to £99 for the weekend including lunch. Hope you will agree that this is great value. For Saturday night there is a Soul Dance Party and dinner with music, movement and more tapping. Click this link for more about the presenters and the programme involved in the EFT Gathering.

News of the success of the 2009 Gathering has spread far and wide through the EFT community and we are almost certain to sell out so you may want to register soon to be sure of a place. To spread the word here is a flyer to send to tapping friends Gathering-Tracks.pdf Remember to forward to your mailing lists too - thank you!

TOPIC: MIRROR WORK & TAKING RESPONSIBILITY

We are always living a reflection of whatever we are projecting or outputting. For example, if we get into a place where a lot of people are being angry, it's probably because we are being angry – at ourselves or to others - or because we have become aware of people being angry. Nothing ever happens to us that is not part of our vibration (whether consciously or unconsciously!)

QUOTE

*"Whenever we make assumptions, we're asking for problems.
We make assumptions, we misunderstand, we take it personally,
and we end up creating a whole big drama for nothing"*

Don Miguel Ruiz, The Four Agreements

When we own everything, what we see outside of us and what we feel inside allows for a deeper level of integration. Make an inner commitment and intention to own everything. As we develop our own skills with this, the more our unconscious becomes conscious, which allows us to see that we are everything.

MIRROR WORK PROCESS Set the intention to own the outside as yourself. If you have resistance to this, use EFT to clear the inner conflict and/or fear

Write down not only what you experienced and felt; but also what you saw the other person doing. You are processing their mirror and yours, and sometimes the structure of the experience too. Whatever you see is your own unconscious mirror, pattern or projection. You are having somebody else act out your projections for you

QUOTE

*"Sometimes difficulties are a shout from our souls,
calling us to Inner Reunion"*

Dr Ronald Bonewitz

Tap using EFT to release the need to be part of the dramas or be the victim. See that each of these incidents is really an 'excuse' to not be who you truly are and not be in alignment with yourself. There are a number of methods I've discussed previously for release work– the ancient Hawaiian Huna Method [called Ho'oponopono technique of Dr Ihaleakala Hew Len (Hawaii State Hospital).] "I

am sorry. Please forgive me. I love you. Thank you.” Ask your essence or higher consciousness/self to “Take these unbalanced states of mind and bring them now into balance, so that clarity and a new level of seeing, understanding, compassion and awareness come to you. Thank you”

To give an example tap on your Karate Chop point (side of your hand) and state: “Even though I have this challenge with[person’s name]....and he/she did this and this... and said that... and did this to me... and I felt so..... and ... nobody knows how upset/sad I feel... Please manifest the best possible outcome in this situation. I deeply & completely love and accept myself” Then tap the information in the blanks that you have added through the main points of EFT using the shortcut.

On the second round of tapping, replace the person’s name with your own and instead of saying he/she replace that with ‘I’ and tap again. Include the choice to “release the need to be part of the dramas or be the victim. I now see that this incident is an ‘excuse’ to not be who I truly am and not be in alignment with myself.”

Finally finish with the following “Even though I had this challenge with[person’s name]....I realise they have been helping me see what is unconscious within myself and I thank them for that. I am sorry. Please forgive me. I love you. Thank you. I ask that all of these states of mind which are unconscious or conscious, unbalanced in this pattern within me, are now fully and completely released on every level and dimension now. I trust that the changes will be made within me. I give thanks and offer gratitude, and I deeply and completely want to love and accept myself”.

To complete tap with:

- Eyebrow “I choose to see more clearly and I choose to remain in balance””
- Side of Eye "I am willing to change this unconscious pattern within me now"
- Under Eye "I'm ready to let this old pattern and feeling go now"
- Under Nose Under Bottom Lip “I wish to come back to my true self easily and with Grace”
- Under Bottom Lip “I give thanks to.....[person’s name] for showing this imbalance to me”
- Collarbone “I honour who I am and this experience. I forgive myself”
- Underarm “I am a Divine Being”

Top of Head “I honour them and see the Divine in them. We are all one”

Add any additional insights you may have as you reflect. Begin noticing the shift and the speeding up of your growth. The more you see your experiences as mirrors, and as you begin to take responsibility for all that happens in your life, the more smoothly your life will be, it will flow and you’ll find that fewer things upset you in your life.

FORTHCOMING TRAINING

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

EFT Levels 1 Training in North Wales Sunday 13th December 9.45am (for a 10am start) - 5.30pm and repeated on Sunday 10th January 9.45am (for a 10am start) - 5.30pm. Location – The Village Hall in Gwaenysgor. Download Gary Craig's free EFT Manual, read it and bring it with you. Bring your own lunch and at least 1 litre of filtered water, pen and paper. Contact me if you have further questions.

EFT Level 2 Training in North Wales (Day 1) Saturday 16th January 2010 9am (for a 9.15am start) – 5.15pm and (day 2) Sunday 17th January 2010 9.15am – 5.15pm. Location - The Village Hall in Gwaenysgor. Bring your own lunch and at least 2 litres of filtered water, pen and paper. Contact me for more details.

RESOURCES

NLP & EFT TECHNIQUE FOR THE NEW YEAR –

[NLP, or Neuro-Linguistic Programming, is the science of how the brain codes learning and experience. This coding affects all communication and behaviour. It affects how you learn and how you experience the world around you. It is a key to reaching goals and achieving excellence.]

Manifesting Positive Outcomes for 2010

Think of a specific goal you want to achieve in 2010. E.g. to lose weight, get a promotion, win more clients, find a new home. Make it something specific and something you really care about

Write it down

Next, READ the instructions below. Afterwards, DO the instructions (follow in this order):

- Close your eyes, and name the goal. E.g. "I want to lose weight" Notice the feelings and/or beliefs that surface in connection with the goal. If you picked a real goal, there could probably be some internal dialogue 'comments' inside your mind about it Write down the words, beliefs and comments that describe all of the internal dialogue/'comments' – all the actual words that come to mind
- Next, draw a line on your paper separating that information with the following new information
- Now, recall or think of a goal you achieved in the past, one you are proud about
- Write it down, and also how you felt about it. "I got a promotion, and it felt amazing! My boss knew I deserved it, we found a way to make it happen. It felt great to ask and receive!"
- Now, read the two descriptions out loud. What do you notice about the two statements? What differences could you feel or hear? Tap out the negative ones with EFT and tap in your 3rd eye all the positive good feelings.

An important question: What internal dialogue is running in your mind? A group of positive cheerleaders; inspiring coaches and focused co-creators? Or a band of negative "nay-sayers"; critical friends/parents - filling your mind with excuses and "yeah...but's"; squashing the positive messages before they have a chance to come forth and help you to excel?

MICHELLE'S NEW CD FOR 2010 I have a new CD available in time for the start of 2010. This new CD includes goal setting; confidence building and positive hypnotic suggestions (new info for your internal dialogue) to help you start the New Year free from limiting thoughts so you can achieve your goal. Contact me to order and purchase your mp3 recording (I will send to you as a link that can be downloaded onto your computer and used as many times as you wish – or burned to a CD or to your iPod).

MORE EFT RESOURCES – A New EFT Book - A ground-breaking new EFT book called “EFT and Beyond – Cutting Edge Techniques for Personal Transformation” is not just a rehash of old stuff. It is full of creative and innovative new ideas. The book is 536 pages with chapters written by 22 of the world’s 29 masters. A real treasure house of EFT wisdom and experience.

A FINAL QUOTE

*“..that is what learning is.
You suddenly understand something
you’ve understood all your life, but in a new way”
Doris Lessing*

NEXT ISSUE

****Stay tuned for our next issue on Love and Loving Yourself in 2010!*****

PLEASE FEEL FREE TO FORWARD THIS NEWSLETTER!

Kindest regards, hoping you have a peaceful Christmas holiday. I wish you much success and a wonderful start to 2010!