

Newsletter February 2010

Note From Michelle

Hello everyone just back from a wonderful trip to Bray (nr Dublin) in Ireland, pictured right. I was thrilled with the facilities at the Novara Center, Rosemary & Conor do an absolutely fantastic job of organising everything so perfectly. My trip went incredibly smooth and was successful - a big thanks to them for that. The Novara Center offers a wide variety of services for everyone looking for self-growth and development.

Ireland is such a beautiful place, my heart really sings there in the energy. Most of the photos you see in this newsletter are from Bray and the surrounding areas.

The workshops were profound we connected deeply and shared so much in the time available. I also had a good number of consultations too, and again, much insight into Ireland, it's people and the various conditions that people are currently struggling with. I am grateful to everyone who attended the workshops and shared from their hearts about what has been going on for them within their lives, families and culture. I learnt so much and heaps about myself too.

Feedback From THE EFT GATHERING

I promised to get back to you with news of the EFT Gathering. Here goes... I survived it.... I had tapped myself silly to overcome nerves [yes me], visualized the perfect ending; had some help overcoming past life trauma around public speaking as well as clearing personal energetics that might affect the presentation.

I was due to go up to speak on Sunday morning. The closer I got to Sunday, the more the fear came up. I knew I was moving away from my heart and more into my ego. So I attempted to keep myself in check and in balance, by getting out in the beautiful countryside around the hotel in Ilkley. It was stunning there so each morning I went out to ground myself and remain in my heart space.

I had decided to share what I had learnt from working with clients over the years and to highlight tips and tools to help practitioners overcome an 'emotional highjack' or flooding with any of their clients. All I needed was a volunteer.

Gwyneth Moss [the main event organiser], had shared with me that perhaps it was best to wait until the Sunday, and see who was available.

So as I was getting 'miked up' for my presentation, I was asked by Roy what my presentation would cover. I told him what I would be doing and also that I was 'going to go with the flow and allow whatever needed to happen, to happen". Boy did those words ring true during the presentation.

I began with a very brief intro as I hate those long winded explanations/justifications of "me, me, me." I covered a few of the main points and then explained I was looking for a volunteer to demonstrate flooding. For my presentation to be effective – I felt - I needed someone to go into the flooding so that I could share the tools of what to do to the audience.

So I asked. I scanned around the room. I could not see any hands go up! OMG! What to do? What if I have no-one to demonstrate these techniques with? Dread began to set in a little I must admit. Then

as I scanned the second group on my left, 2 or 3 rows from the front one single hand shot up! Thank God! I was saved.

I invited "Jo" (not her real name) up onto the stage. We began to talk and discuss the challenge. The SUD's rating was at an 8/10. We began tapping... and to my horror no flooding! I had asked the group to tap along so that we could clear together (we are all one anyway).

We kept working on involuntary movements, occasional involuntary toning (similar to singing). What to do? Stop the presentation or go with it? Still no flooding...I decided to go with it and let go. The fear dropped away immediately.

My intuition could then kick in. I felt this challenge "Jo" had was hereditary and from her feminine generational line. I began to follow my intuition and go where it led us. I was happy we were able to get to a 2/10 in the 30 or so minutes we had. I must admit to not remembering it all as it became a blur. "Jo" became nauseous, so I was thrilled to show the group one of my "planned" techniques. Moving the stomach meridian (see picture, on right). We all did it together as a group (despite an almost blow out of the microphone!).

At least that method seemed to bring some humour into the situation and broke the ice for me a little!

Then time was up. Disappointed I was unable to get down to 0, I had made some inroads into the presenting condition & various aspects. But not demonstrated what "I" wanted to show. (Who was the I anyway??)

I was so grateful to "Jo" for her courage, but inside I felt I had blown it! I walked away thinking well that's my career gone to the dogs! Perhaps I should go back to being a secretary, managing fish & chip shops or to the hotel industry! Fiona (Level 3 from Hong Kong/Manila) who was sitting next to me said it was great. I certainly didn't feel that.

My inner critic/judge was now running at top speed & in overdrive. Examining all my faults, failures, mistakes and the like from the presentation. What I could/should have done better etc., etc. I got through lunch and the rest of the day. My self-doubt increasing with each hour that passed.

QUOTE

*"Your battles inspired me -
not the obvious material battles
but those that were fought and won
behind your forehead"*

James Joyce

At the end of the conference I got on the train and began reading my book by Debbie Ford 'The Secret of the Shadow'. What a gift – I read the following:

"Martin Luther King Jr first came into my mind. I thought about all the people who loved and him as well as all the people who hated and despised him. But what if King had kept his light secret? What if he had hidden his gift from the world? Then I thought of Gandhi. He too had many admirers and many detractors. I wondered what our world would be like without the presence of these men.

Suddenly I could see that all those people who had a voice or who made a difference in this world had people who loved them and people who hated them. And even though I knew I wasn't a Martin Luther King or a Gandhi, their courage showed me that if I were to be willing to make a difference in the world, I too would have to be willing to be love and hated. I would have to be able to tolerate criticism as well as praise."

Wow – that hit the spot for me! I tapped on my feelings about it all including my fear of criticism. I felt more clarity. Then I felt drawn to looking at my camera as I had asked Fiona to take a few shots of me up on the stage. As I scrolled through the photos I was overwhelmed to see two in particular – one with a huge orb (loving encompassing energy) to the left of me - see picture right - at the start of my presentation.

As well as two between "Jo" and myself while we were tapping together. I cried. Proof that I was not alone and that everything had happened for a greater reason that I could at that moment - when I was presenting – understand, see or feel. I felt very humble.

I reflected on the train as I got closer to Sowerby Bridge (where I was to stay the night with friends) that it wasn't at all what "I" had wanted that had occurred through the presentation.

It wasn't about what "I" felt was important - it was what the group and "Jo" needed. I had set my intention to go with the flow. What an incredible lesson of getting myself (my ego and fear) out of the way.

If I do ever get asked again to show my face in a larger setting I think I will call it "surprise" and see what happens! That way no expectations are set up from me or by anyone else!

I have in the meantime followed up with "Jo" and now that I am home, and have time (!) I am going to write up our time together (with her approval and permission) as a case.

My thanks to Debbie Ford for her book that helped me at the important moment, to my friends Amala & Debbie for suggesting I read it, and to all of you who emailed me to let me know your thoughts about what I had done. You are much appreciated. Special thanks to Myke of Rhyl who had this to say on the Monday after the weekend and really cheered me up -

"What an amazing weekend....and boy did your presentation with "Jo" show the world what it was all about....well done, well done, well done. The way you hit on the core issue for her was jaw dropping...it wasn't a one minute wonder, but a great inspiration to all of us lesser mortals ;)

It reminded me a lot of Garys' session with the woman that barked when connecting with her issues....he was freaked out about it to start with and made about a 10% headway after over an hour...it was so similar. You are awesome!"

I received another email today (20 Feb 2010):

"Just a quick note to say that I thought your presentation at the EFT gathering was fantastic. It was great to get everyone's emails so hopefully we can all keep in touch. Anyway, here I am just to say Hi because I did not get a chance to meet you at the event."

I am now reminded of a quote by Eleanor Roosevelt:

*“You gain strength, courage and confidence
by every experience in which you really stop to look fear in the face.
Do the thing you think you cannot do.”*

So here I go again, looking fear in the face - if you have, or know of, an event that may be ideal for me to speak/“surprise” at, feel free to let me know.

Forthcoming Training

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

Prestatyn, North Wales, UK – EFT Level 1 Sunday 21st February – Scala Cinema, 47 High Street, Prestatyn 9.45am – 6pm

Prestatyn, North Wales, UK – EFT Level 2 Saturday 27th & Sunday 28th February – Scala Cinema, 47 High Street, Prestatyn 9.45am – 6pm

Cork City, Ireland - EFT Level 1 Sunday 21st March – Fuscia Aromatherapy, 38 Popes Quay, Cork, Ireland 9.45am – 6pm

Cork City, Ireland - EFT Level 2 Saturday 27th & Sunday 28th March – Fuscia Aromatherapy, 38 Popes Quay, Cork, Ireland 8.45am – 5pm (both days). Contact me for more details

Training Feedback

Feel free to click on this link to go to the latest EFT Level 1 workshop feedback from Ireland. EFT Level 2 Training workshop to follow.

Click here to read feedback from our Creating Financial Abundance mini-workshop. For specific Creating Financial Abundance workshop details please click here.

EFT Resources

EFTFree.Net

Check out this new site. EFTFree say they see themselves “as belonging to all of us in the EFT community. Please take a moment to read more about the different ways people can connect, benefit and share.”

The Tapping World Summit

Starts this Sunday. It costs nothing to register and you get online access to 10 days of interviews and presentations. Simply enter your email address in the form. Click on this page to go straight to it.

In brief:

- 20 Interviews with big names from the world of EFT and alternative medicine
- This is an Online Event - No Hotels to book and no waiting in traffic!
- There's Nothing to Pay for the main event
- When the Summit starts, there will be 2 interviews per day, online for 24 hours
- You can also order the interviews on CD with additional content for a very fair price

This event is brought to you by the makers of popular DVD Documentary "Try it On Everything", which was recently re-christened for the wider market as "The Tapping Solution". Last year was a roaring success, with 41,000 attendees. There's no commitment - the best part is that you choose your level of participation.

Positive Tapping

These have helped me this week – do write and let me know how you go with them:

- I desire this...
- I want this...
- I adore this...
- I embrace this...
- I appreciate this...
- I am so grateful for this....
- I honour my choices for this....
- I am safe...
- I am truth...
- I am aware...
- I am connected...
- I am powerful...
- I am love...
- I am strength...
- I am present...
- I belong...
- I am neutral...
- I am independent...
- I am courage...
- I am trust...
- I am enough...
- I am not alone...
- I am being taken care of...
- I trust I am being taken care of -
- As I let go of what I loved...
- I am light
- I am pure
- I am wisdom

QUOTE

"Trust the Wisdom of your Heart"

Michele Mariscal

A Final Request from a Kiwi Friend for Donations

"Mick is carving a beautiful pounamu which will go up for auction when its' finished, so if you know anyone who might be interested in it let us know and we will send out an email with details when the carving is ready.

Mick has given me many a beautiful piece of NZ jade (Pounamu) and other incredible crystals. These they have made their way as gifts around NZ and around the world.

"The Love you've shared in your life has been multiplied as it passed from person to person. The Love you've received has been multiplied as you passed it onto others. Love connects each of us with all of life.

It sustains our breath, maintains our heart rhythm & fills our Being. Remember the moments in your life which opened your heart & graced you with Love. Let today be a day in which you celebrate the Love you have felt, the Love you now feel & the Love still on its way to you. You have graced my life with your presence"

Jo Dunning