

## Newsletter July 2010

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NOTE from MICHELLE

Hello from Ireland!

Hope you are all well. It's been an interesting time this month, lots of flow in some areas; others have been a little uphill with unexpected last minute changes. That's life. Last week I was in Cork, met up with lovely friends. I spent a day or so in Dublin. I will stay the rest of the week here in Bray, near Dublin until Thursday 8th July when I will return to Wales by boat and train. Are you enjoying the extraordinary weather here in Europe? Wales has been stunningly warm and sunny mid-20's. At last I am in a warm, dry climate (my first decent summer in years and I am enjoying it very much). Apologies to my friends on the other side of the world... I hear it's getting colder by the day.

I am looking forward to a rest in July, at this stage will be relaxing at home.

### QUOTE

*"If you are distressed by anything external,  
the pain is not due to the thing itself,  
but to your estimate of it,  
and this you have the power to revoke at any moment"*

*Marcus Aurelius*

### VOLCANO IN EUROPE – AN EFT TWIST

Remember in our EFT Level 1 Training where I reiterate what Gary Craig says which is "to try EFT on everything?" I recently received this email from Ireland:

*"Hi Michelle just to let you know I'm doing very well. I went to Cannes for a 4 day break with the girls, on a hen weekend, it ended up we stayed almost 2 weeks with the volcanic ash! We hired a soft top car had one of the most wonderful holidays ever. I kept tapping the first couple of days saying how beautiful the place is and did not want to leave, had all the girls tapping as well. It worked - yippee. Thanks for everything hope to see you soon!"*

Angela gave me permission to share her email and said "I'm still smiling when I think of it, one of the best holidays ever!"

### QUOTE

*“Enjoy the little things,  
one day you will look back and  
realize that were the big things”*

*Anon*

#### FORTHCOMING TRAINING

We have more training on its way to you:

Bray, Co. Wicklow, Ireland – Mini-workshops at the Novara Centre, 11 Brennan’s Terrace, The Strand, Bray. Private consultations also available.

Prestatyn, North Wales – EFT Level 2 Training on Saturday 10th & 11th July - [click here for more details](#)

#### QUOTE

*“To reach our goal we must sail sometimes with the wind,  
sometimes against it, but we must sail,  
not drift or lie at anchor”*

*Anon*

#### SHARING EFT

##### EFT Tapping Meeting in Cork

Alan Cashman has organized an evening of EFT at Fuschia Aromatherapy on Pope's Quay for Wednesday 7th July at 6.30pm - please contact Alan for more details and to reserve your place. Those trained to either EFT Levels 1 &/or Level 2 are most welcome to join. Take this opportunity to join together to tap and practice EFT together... Contact Alan - 087-4164590 or email him [cashman\\_alan@yahoo.ie](mailto:cashman_alan@yahoo.ie) I won't be able to make this one as I will be teaching in Bray, but perhaps another time I can.

##### EFT Tapping Meeting in Shanghai

The group meeting is to be held on 13th July and also 31 August from 9am-12noon. Those trained to either EFT Levels 1 &/or Level 2/3 are most welcome to join. I am thrilled this too is going ahead. I had some great feedback from a few members of the group about this meeting and how helpful it was!

Here are the details: “We ask for prompt arrival but if people are running late, no problem - just quietly join the group and the tapping when they can. Grainne will be leading our next session. Venue: at Marianne's place on 623 Wanhangu Lu (Wuding Lu), House 74, Apt. 8 (4F), ask the guards for house 74; if the main entrance is closed, please press doorbell button 408

Nearest Metro stations are Line 2 Jiangsu Lu & Jing An Temple; Line 11 Jiangsu Lu

Fee: free of charge (maybe bring some nibbles?) If you like to join, please let Marianne know by SMS or text on 130 4060 2645

## RESOURCES

A friend of mine recommended this site at it was at a time when I'm not really sure what on earth was happening in my career/life. Decisions to make, but feeling like I should 'hurry up and wait' with nothing really clear at this time, and yet crystal clear at the same time (if that makes any sense). As I read the information held in the right hand column of this website, I had such a light-bulb moment. It really made sense to me and clarified a lot of stuff that was unanswered in my head. As I read through the information I thought "I could really tap on this". So I did and have been feeling a huge change this past 10 days.

So what I did was make notes on the things that resonated with me and then tapped on them. Feel free to change the words to suit you.

"Even though in the past I have been unconnected, I choose to change this now; and I deeply and completely honour and accept myself" 3x. Then using the short-cut:

- Eyebrow - I now reconnect my 12 strands of DNA
- Side-of Eye - I now activate my 12 strands of DNA
- Under Eye – I now reconnect to my multi-dimensional consciousness
- Under Nose – I choose to operate from my heart centre
- Under Bottom Lip – I choose to fully connect to a state of love
- Collarbone – I now live in full harmony with myself and others
- Under-Arm - I now live in full harmony with my soul X3

I continued:

"Even though in the past I have been living in an unconscious 3rd dimensional reality, I choose to change this now and I deeply and completely honour myself & my journey" 3x. Then using the short-cut:

- Eyebrow – I now rewire my 13th strand of my DNA
- Side-of Eye – I now integrate the 'unity' based program into all levels and dimensions of me  
....
- Under Eye – ...fully, deeply, completely, gracefully and safely, in divine order for my being
- Under Nose – I reconnect to my Galactic consciousness
- Under Bottom Lip – I heed my inner call
- Collarbone – I have always heeded my inner call (clear any doubts/inner conflict you might have with this statement)
- Under-Arm – I choose to purify myself, my mind, body, emotions, organs, cells and cellular memories now X3

"Even though I have been struggling in the 3rd dimensional reality, I choose to change this now and I deeply and completely honour myself & my journey" 3x. Then using the short-cut:

- Eyebrow – I choose ascension
- Side-of Eye – I now make choices for myself (& others) that enhance my (our lives) life
- Under Eye – I live in the present moment
- Under Nose – I honour this moment, and I honour this space between the future and the past
- Under Bottom Lip – I now access the 5th dimensional information grid
- Collarbone – I am in a process of completion & expiration. Resolving the wayward elements within & around me
- Under-Arm – I take inspired action X3

“Even though in the past I have been living in a fear-based reality, I choose to change this now and I deeply and completely love myself & all of who I am” 3x. Then using the short-cut:

- Eyebrow – I eliminate my carbon-based-fear blueprint
- Side-of Eye – I rescind & ascend this blueprint
- Under Eye – I step aside from linear thinking
- Under Nose – I choose new ways of thinking
- Under Bottom Lip – I disconnect from my 3rd dimensional timeline
- Collarbone – I now connect to my Universal time line
- Under-Arm – I am pure, I am light, I am the way, I am the light x3

“Even though in the past I have been living in a way that does not fully honour who I am, and who I am becoming, I deeply and completely accept myself anyway” 3x. Then using the short-cut:

- Eyebrow – I now ride the wave of cosmic love
- Side-of Eye – I connect to Source
- Under Eye – I connect to the purified vibration of bliss
- Under Nose – I now fully activate my crystalline blueprint
- Under Bottom Lip – I live in harmony with my galactic self, my galactic brothers and sisters; my galactic family
- Collarbone – I am now connected to quantum creation
- Under-Arm – I give thanks that this is done (choose what you would like) quickly, safely, gently, easily and gracefully, without any detriment to my being. So be it! x3

Let me know how you go with it, as I am still integrating it. It's been massive. Enjoy. Contact me to let me know your experiences

#### MONTHLY OVERVIEW

Check out this interesting information from New Zealand. I enjoyed reading this monthly overview too.

#### EFT MASTERCLASS LONDON OCTOBER 2010

Get ready for the fifth Masterclass and the third in London. Held on Saturday and Sunday, October 2/3 2010.

**QUOTE**

*“Worry is the senseless process of allowing leftover problems from yesterday to distract you today and clutter up tomorrow’s opportunities” Anon*

FIND ME

Find me on Facebook or on LinkedIn

Until next time, be well! Thank you for forwarding this newsletter to your friends. Kindest regards from Ireland - wishing you sunny days. Michelle