

Newsletter June/July 2009

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NOTE from MICHELLE

Hello & welcome, especially to those of you who have just joined our newsletter group. Please feel free to email me with your comments and suggestions. I would love to hear from you! What do you want to read about? Do you have stories to share?

Canada - Well I had a fantastic time in Canada. The country is so beautiful. Reminded me again of NZ, as much as I liked it though, I still didn't feel the same deep heart connection I did in New Zealand. I was lucky to be working out of a new shop Awakening Heart right on the water front in White Rock, BC. A truly magnificent place and lovely people too. Everyone was so friendly and helpful. A few steps across the road, and we had the most beautiful waterfront setting and pier. I met up with Amala, a friend from the Mystery School who I met in NZ, and again when she was running the New Age Shop in Hong Kong. What a rich time we had catching up, visiting wonderful locations and of course tapping and clearing on all sorts of levels and dimensions. If you have spent time with Amala or myself you'll know what I mean!

There were many surprises and changes that happened to my schedules/itinerary that required an incredible amount of flexibility, understanding, trust and patience! What a journey. I did however manage while I was in White Rock to go and see Liz in Seattle. Can't believe that we met in the 90's! So great to see Liz and to meet her new partner.

After teaching in White Rock, I went to Toronto and had a break. Sightseeing was awesome, the weather was wonderful and hot, and I walked pretty much everywhere. I managed to slip by Ireland on the way home (smiles). My excuse... it was cheaper flying that way than direct and of course wonderful times were spent together. Am now back in Wales, busy writing, seeing clients and preparing for the next EFT trip to Ireland. Hope this finds you well!

Facebook - I've been pages on Facebook and updating information there. I hope to add more info as I go along. I am a new to the facebook marketing arena! Find me by clicking [here](#).

Twitter - OK, I know, I succumbed. Today I created a new account and so it's a steep learning curve for me at this time. Be gentle with me, those of you who are proficient with it - any help gladly accepted! Find me on Twitter by clicking here

Article - Managed to get a story into the very popular Mums In Control Magazine here in the UK. Feel free to check out my story on page 29. Click on this link to read more of the article!

QUOTE

*"In everyone's life, at some time, our inner fire goes out.
It is then burst into flame by an encounter with another human being.
We should all be thankful for those people who rekindle the inner spirit."*

Albert Schweitzer

I would just like to say thank you to each EFT student who has and may enroll in my EFT training. Meeting and sharing EFT with you rekindles my inner spirit and enables me to achieve my mission in life - to help others...

THE ISLAND of CRETE - Mini-Story

An old man loved his native island with a deep and passionate love. As he lay dying he had his sons bring him outside and lay him on his beloved Earth. As he was about to expire, he reached down by his side and clasped some earth into his hands.

At Heaven's gate, God as an old white haired man came out to greet him and welcome him into the joys of Heaven. As he started to enter the pearly gates God said, 'Please you must let the soil go, only those with open hands can receive the kingdom'. 'Never, never!' said the old man, stepping back 'Never!' And so God departed sadly, leaving him outside the gates

A few eons went by and God came out again, this time as a friend and old drinking crony. They had a few drinks, told a few stories and then God said, 'Now friend it's time to enter Heaven, so let's go'. Once again he requested that the man let go of the soil and once more he refused.

More eons rolled by and God appeared again, this time as a delightful granddaughter. 'Granddad, she said, you're so wonderful and we all miss you; please come inside with me'. The old man nodded and she went to help him up, for by this time he had grown very old and feeble. They moved towards the pearly gates and at this point his strength gave out. He reached out to save himself and his gnarled fingers could no longer stay clenched in a fist with the result that the soil sifted out between them until his hands were empty. So he was free to enter Heaven. What was the first sight that greeted him? Hi beloved Island of Crete.

We have all had experiences of having to let go, even though we didn't want to e.g. letting go of people, lifestyles, places, homes, cars, countries, lovers, friends, musicians. Painful as it is in the moment, so much good can come from it. It depends on how we view it. As a doorway of gloom or a gateway to something new, bright and exciting. EFT, Past Life Regression and NLP have helped me to let go of things that were preventing me - in one way or another from connecting (or re-connecting) with the magnificence inside. Each one of us holds magnificence - are you ready to re-connect to yours?

FORTHCOMING TRAINING

KINSALE, IRELAND ~ August 2009. Don't miss the FREE intro night and new Mini-workshops offered in Kinsale this time.

My huge thanks again to Bob Brennan of 'EFT Kinsale' for his time and energy in organizing the workshop venue, fielding calls and for suggesting I come over to Ireland again in the first place! I am thrilled to be returning to Kinsale! A beautiful tranquil place. Reminds me so much of New Zealand (fewer sheep though).

DUNEDIN & GORE & INVERCARGILL & CHRISTCHURCH & AUCKLAND in NEW ZEALAND ~ September 2009

SYDNEY & NEWCASTLE in AUSTRALIA ~ October (yes I am having a holiday here too!)

SHANGHAI, CHINA ~ early November

HONG KONG ~ late November.

Go to our News Page for more details

CHANGES IN AAMET

Please note ~ there have been some changes in the structure of AAMET. AAMET needs YOU! An hour a week, no matter where you are... we are looking for volunteers to help type up info, join groups, help raise funds (all of the work so far has been done free of charge). Contact me if you have an hour spare a week. Even a little can help a lot. Ensure that you log onto the AAMET site regularly and ensure you get your own copy of AAMET Buzz delivered to you.

Those of you who are AAMET EFT Level 2 practitioners there are requirements and changes you need to be aware of. There are also new-ish logos that you can use for free to update your websites and advertising material that I can email you. If possible contact me directly and we can set up a time to chat with on Skype according to our timezones.

FORTHCOMING EFT CONFERENCE

The 2009 Masterclass is back in the north of England in Manchester and is being managed by EFT Master Tania Prince. You can find out more about the Programme, which includes Tapas Flemming the originator of TAT and lots of exciting new presenters as well as the EFT Masters. There are freebies and prize draws for those who book quickly!

EMOTIONAL FLOODING - SUMMARY

How do we cope with Emotional Flooding, also known as Emotional High-Jacking or Intensity?

Often flooding can happen in any form of therapy. Flooding is when deeply suppressed emotions come up and out from within. These can sometimes be so powerful that they halt the person in their tracks and could if left unreleased (or worse still, pushed back down) halt the entire healing or therapy process. The person's emotional system or body literally "hi-jacks" them and they spiral

down into the intense emotion(s) rather than working through them as and when they happens; and ultimately letting the emotions go.

Often students new to EFT (indeed any therapy) are frightened about witnessing a person flooding as they don't want to do any damage or cause any more pain.

Not so with EFT. We are helping the client release what is no longer serving their magnificence. We are enabling the emotion to come out. We are co-creating inner peace and freedom. How wonderful is that?

Incredible Healing Opportunity

Flooding is a time when incredible healing work can take place. This is a time to remain calm, breathe deeply and begin reframing. The beauty of EFT is that the greatest healing can come during the flooding or hijacking process. Clients are able to empower themselves to be free of the previously unreleased emotion rather than be victims to it. Flooding occurs at a powerful time in the therapeutic process, often (but not always) when the core issue has been addressed. Please note it is not essential to flood in order to get to a core issue.

People on the other hand can be shocked when uncovering their core issue and even more surprised at such an intensity of emotion can come up with it. Many say after the flooding or hijack has been worked through "well.. that's amazing...that was years ago. I haven't thought about that for ages!" or "I had NO idea that this was the cause of it all...Wow. It makes sense though!"

The Gift

Amazing what our mind and ego will to keep us safe. Going beyond the flooding is where we find the gold. We are able to release the garbage and find the gold. The greatest gift you can give to yourself and clients is to facilitate a flooding process so that they & you can really achieve Emotional Freedom. Isn't that why we all chose to do what we do with EFT and help others?

To summarize, it is important to understand and accept a flooding is part of the deeper healing process and:

- Keep tapping on your collarbone with a flat hand and encourage your client to do the same
- Encourage the client to keep their eyes open, remain in the now and stay with you
- Keep breathing deeply – both you & the client
- Give the client a chance to make a choice 'to let the emotions go now'
- Offer words of reassurance, reframe where appropriate
- Remain calm yourself, open your heart and know that a very deep healing is taking place for your client and for you (with the EFT phenomenon aka Borrowing Benefits)
- Rejoice! You are achieving your mission - helping yourself and others people become Emotionally Free!

In gratitude to Gary Craig for what we affectionately now know and love as EFT!

Sculpture in Wales joins People and Nations

This sculpture represents man helping man to achieve freedom and a bright future. A local project with a global dream to raise awareness about people overcoming barriers and the provision of support to organisations that support these people.

Quote

"All that is ill in a man is caused by a lack of love"

Osho

FREE DOWNLOAD

Check out an exclusive interview with EFT Founder Gary Craig in this edition of the EFT World Mentoring Magazine, on my News page and enjoy!

NEXT ISSUE

****Stay tuned for next month's issue on it's all about Trust! ****

If your heart and soul are dreaming this life of yours to bring something specific to the earth and humanity, guess...what would it be?

Please feel free to forward this newsletter to others who are keen to empower themselves to make positive changes in their lives! Thank you. Warmest regards to you all.