

## Newsletter March 2010

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Note from Michelle

Recently in my Inbox I got this message as part of an Newsletter from the New Age Shop in Hong Kong and felt it was very helpful:

*"This is a time of great blessings, as we are now living the new Reality that we have heard so much about! You will be challenged to release all expectations & attachments to outcomes and allow what is to unfold in your life, knowing that Spirit will deliver to you exactly what is for your highest good and growth. Nothing can be hidden from the Light now, the Truth will always be seen & felt by those who are awakened.*

*Flow, and remember always to align with Love.*

*Live in the Present moment.*

*If you try to attach to the past or future, you will be out of flow, & things will not go well. Focus on the Present Moment, you will align with the Flow of Divine Grace and you will experience Abundance and Joy!"*

Experiences in Zürich

And hasn't that been the case. For me this time has been about boundaries. My own inner boundaries. Looking at how I step over my own boundaries. Eating foods or having drinks I know will compromise my well-being. Knowing that I need to do things and then procrastinating and not getting them done. Then becoming frustrated with myself as time slips away and there is ever more things to do.

Recently I was in Zurich. I had been asked to give a presentation there by a lady called Vera. She had read an article written about me in the Asia Spa magazine. Vera was on holiday in Thailand and had read the article and emailed me wondering where she could find out more. We talked and it felt right for me to take a chance and create space & time for a workshop in Switzerland.

It was also around the time of my birthday and so I thought I would treat myself, to a day on the slopes with my cousin Werni. I love skiing, and haven't been for a long while and so this was my treat to myself.

As Vera & I continued to email she introduced me to another lady Jena who is an experienced Hand Analyst. Never having had my hand analyzed, I was curious to find out more. After the presentation, which was received favourably by those who attended, I met with Jena the next day to discover the mysteries my hands held within them.

I discovered that the very thing I was currently "battling with" was part of my life lesson – boundaries! Jena talked clearly about how to set them and maintain them using hand analysis markers i.e. my fingerprints and sharing my personality strengths that were clearly there for the experienced eye to see.

What made it even more amazing was that we could cut to the chase and get some really powerful clarity on what to do, and how to change the patterns. 10 years therapy in one session!

With the combined tools of EFT, the session became even more powerful. I knew I could tap out the old patterns quickly now with the understanding of my life lessons shown in my hands, and then tap in or enhance my personality strengths to help me move forward and make positive changes. Wow - What a gift!

I am not sure if some of you remember my last trip to Asia where everywhere I went things were under construction. I had not known that even though your fingerprints don't change, other markings on your hands do – this Jena shared too during our discussion. And guess what .... showing up in my hands was that part of my life was actually also 'under construction'! Mind-blowing. Amazing what the Universe had been loudly proclaiming during my travels now clearly displayed in my hands!

#### **QUOTE**

*"When we're ready the pieces of our history-stories that were lost to us or never identified - rise to the surface of consciousness. Those pieces of our stories act as our "teachers", guiding and directing us to the truth."*

*Deborah King*

There were so many synchronicities with not only what Jena was saying, but also around me. As we talked and Jena shared that part of my task in this life-time was to really map the territory of my current life challenges of boundaries and that part of my work was to share this with others, the church bells close by to where we were sitting began chiming. It made such an impact on me. Like the Universe was saying 'wake up' hear this... I knew that it certainly was 'time for a change.' Hearing this information now 'loud and clear' - I felt like it was 'time to really get this' and I was literally blown away with the timing. How much more synchronistic could it be?

Jena shared how I can go between being in the Light and spiraling down into the Dark (which I have done my whole life) depending on my thoughts, self-talk and what happens in my life. And she shared tools so I could change this pattern with awareness now, quite simply. I am still digesting the recording now I am at home, and will share more in future postings.

I have planned to go to Zurich in June (possibly July) & August to offer EFT Training there.

I am hoping also to host Jena in the UK/Wales this summer so do let me know if you are interested in finding out more about yourself at a very deep level. The type of hand analysis Jena offers is a brilliant compliment to EFT and tapping because you can get right down to the source and tap on core issues instead of dealing with the symptoms of these.

## FORTHCOMING TRAINING

We have a few more courses on their way to you: March - Cork city, Ireland

We will be in Cork starting this weekend March 20th

April – North Wales

We will be offering EFT Level 3 Training in Prestatyn, North Wales in April

May – Hong Kong

We will be returning to Hong Kong (image right) to offer a variety of courses/consultations

### **QUOTE – GATHERING INFORMATION**

*"Kryon wants us to know that if the star player of the game becomes enthralled and stands motionless in awe of his team- mates... that the game will never get played, much less won.*

*We are to gather information as tools for our own action. We never are to study the members of our support group to the extent that it stops our own development."*

*Kryon, as channeled by Lee Carroll. Book II*

Ireland

Can't wait to be going back to the Green Isle this weekend. I was sorry I couldn't have been there for St. Patrick's Day, but was here to wish my Mother who turned 81 on 17 March, a Happy Birthday.

I do feel very blessed to be able to share my work of which I am so passionate to the kind people of Ireland. I am grateful to Alan for all his hard work in arranging this for me. I also have made time to explore a bit more of Ireland on my days off. This time I will travel with a dear friend to see some beehive houses. Feels very important on lots of levels and will share more when I return.

EFT Resources

Try tapping the EFT short cut x3 (as learned in your EFT Level 1 Training) using this beautiful affirmation from Debbie Ford:

- "I am still"
- "I am calm"
- "I am patient"
- "I embrace the Buddha within"
- "I honour the light within"
- "I love all of who I am"
- "Today I claim my inner Buddha"

### **QUOTE - FULL CIRCLE**

*2000 BC "Here, eat this root"*

*1000 BC "That root is heathen, here, say this prayer"*

*1850 AD "That prayer is superstition, here, drink this potion"*

*1940 AD "That potion is snake oil, here, swallow this pill"*

*1980 AD "That pill is ineffective, here, take this antibiotic"*

*2000 AD "That antibiotic is artificial, here, eat this root"*

*South African saying found by Jekka McVicar, winner of 61 RHS Gold Medals*

Finally

I feel like I have come full circle too, returning home and working from home and being with my family. But as the Buddhists' say "back to the beginning - but different than before". Another quote that made Jenna smile last week was a Buddhist quote which goes something like, 'if you want to find out how spiritual you are, go back and live with your family...!' Yes it brings up un-cleared stuff that's for sure. I remember saying to a friend about a good few years ago now that whenever I used to return home, I always ended up behaving like I did when I was about 15! I'm glad to say I've matured and am now hovering around the age of 40 (even though I turned 45 last week!). Lol

Thanks also to everyone who contacted me to wish me Happy Birthday – I do appreciate you.

Take care everyone, remember to align with love and go with the flow... it gets easier as time passes!