

Newsletter May & June 2010

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Hello from Shanghai!

It's been a roller coaster ride since I arrived in Shanghai on 26th May 2010. I arrived late (well after midnight) as there was so much cargo on it's way to Shanghai that we waited almost an hour to take off and had to wait for a new slot to leave. Luckily the driver was there to pick me up and take me to the hotel. There I was told that as I had not checked in at 6pm, there was no room for me and that the hotel was booked. I waited an hour at the reception, raising my voice towards the end, and finally was told, that there was a room for me! Welcome to China. Was in bed, unpacked and showered at 2.45am.

I met with a very good friend on Thursday lunchtime and we discussed opportunities with 2 Chinese business men to train groups in Chinese. Reminiscent of my teaching days at the Shangri-La Hotel way back in the early 90's. I was asked to do an impromptu presentation which I did without any props and Lili kindly translated. All went ok I felt. I took care of myself too and had another Shiatsu massage using Japanese moxa points – a new experience for me. Very nice indeed.

The next day was the presentation at Britcham and as the weather was raining it was bedlam getting taxis so many people were late. Still 13 out of the 16 managed to make it and I was thrilled. I felt the presentation went all right and the feedback I received from the group was positive. Friday afternoon I took a trip to the Crystal market here in Shanghai (see more photos on Facebook).

I had no intention of purchasing anything (no desire to carry it home, however I was taken with a few pieces of jewellery and an amazing ocean jasper ball...) oh dear. Think I might need a pack horse!

After that I went to the Shanghai Repertory Theatre to watch two Irish plays with a dear friend. The plays were by Cónal Creedon and titled 'After Luke' and 'When I was God' – they were fantastic. In the cast were Aidan O'Hare; Donncha Crowley and Denis Foley. I was surprised to learn that Cork City is the twin town of Shanghai! A number of dignitaries from Cork were over for the show. I thoroughly enjoyed the evening and it gave me a little more of an understanding of the amazing Irish culture.

I have since given 2 free presentations, taught the EFT Level 1 and am currently seeing clients. My day off was Monday and I had a great opportunity to attend a mediation evening run by a very close friend of mine Cheryl, who is leaving Shanghai to go to Houston with her family. A very powerful evening of sharing. My heart was deeply touched. Good luck to you Cheryl in all your new endeavours.

Yesterday I took a day off to be with a close friend who lives in Suzhou. Another friend and I took the train (THAT was an amazing experience, more of that later) and discovered Suzhou. I had a great time and really enjoyed exploring the temple, the small streets, the old town and having a Sichuan meal!

I will be here in Shanghai offering a number of workshops and consultations until 13th June. On 10th June I hope to give a talk at the Shanghai United Family Hospital and Clinics – I am very excited to be able to do this here.

Hong Kong Experiences

Well was an interesting time reacquainting myself with Hong Kong. I was staying at a different place (and very nice too! [Click here to check it out](#)) in another part of town. That gave me a chance to discover more of incredible Hong Kong. I also had time to catch up with a number of wonderful people and friends, which was an absolute joy. The night I landed, I had booked a Shiatsu massage for myself to get totally pampered. I arrived early as I was unfamiliar with the route to get to the Hotel. They were so gracious telling me unfortunately the masseuse was busy for another 30-40 minutes. Would I like to go into the sauna—for a little while? 'Of course!' So there I was being escorted through this amazing Spa to the female changing rooms and sauna. Given a huge thick bathrobe, I was shown the facilities. The sauna was beautifully finished and looked out directly at Hong Kong harbour. It was now going on dusk. I got to sweat it out watching the lights flicker on around the harbour, the Star Ferries to-ing and fro-ing, transporting commuters back and forth between the islands. What an absolute gift! I was truly thanking my lucky stars to be in such a beautiful place. A great way to begin my massage experience too.

So when it was time to go to my massage, I went into the shower. There were 2 choices – shower or rain forest. Never having had a rain forest experience I thought I would try it out. To my shock this huge down-pouring of cold water cascaded down from the higher levels of the ceiling from the massive shower head that was about 12 inches in diameter. Surprise! THAT brought me back to earth very quickly. I have since discovered, these style of showers are very much the norm here. [Now I know].

The massage was fabulous and afterwards I was totally pampered with hot Lemon Grass, Thyme & Ginger tea, Mineral Water from Italy and Fresh Fruit brought in from France. I floated back to the hotel and slept pretty well. What a way to start my trip to Asia.

I gave free presentations, completed the EFT Level 1 & Level 2 Training; did mini-workshops as well as consultations. I thoroughly enjoyed being in Hong Kong, and loved meeting new people and old friends who are integrating EFT into their lives!

Letting Go

I have been tapping a lot the past few days on letting go (and the preparation to let go of situations). There are many people I am meeting who are really in a big phases of releasing and letting go on so many levels.

QUOTE

"To belong to oneself is the finest thing"

Montaigne

A very close friend kindly emailed this quote to me, saying:

"I was re-reading a favourite book, How To Be an Adult (!) by David Richo and came along a passage that I thought to share with you:

'Betrayal, abandonment, rejection, disappointment, humiliation, isolation... are not feelings but beliefs. Each of these judgments keeps us caught in our story and blinded to the bare fact of loss. Each is a subtle form of blame. Each assuages, coddles and justifies our bruised ego. Each distracts us from the true feelings of grief'. This was written in a passage on mourning and letting go."

Hope it helps you as it did me! Doesn't our E-go create such a merry dance for us? The timing couldn't have been more perfect thanks Cheryl - you are a gem!

More and more I think it's about stripping away within us everything that stops us from being our authentic selves. I was lucky to come across this article By Tosha Silver which explained my recent decisions a little more. Here's a brief summary:

This movement of Uranus (the planet of awakening, surprise and rebellion) is a big deal. A few last thoughts as the beautiful planet of eccentricity and innovation restarts the zodiacal wheel for the first time in eighty years. So this period ruling originality and uniqueness is a very long one. Thank the goddess. If there was ever a transit screaming 'Just Be You' in bright neon lights like a Broadway marquee, well, get ready. This is it. So if you've been waiting (and waiting) to let your true self emerge from whatever foxhole it's been hiding in, now's the time. Tell the truth where you need to. Be yourself and let the chips fall where they may. Come to your own rescue. That's Uranus. In a homogenized, corporatized world, it does the soul good. It may even save you. After all, down deep everyone's a little weird. Even the ones with really good covers. And why would we want it any other way?

QUOTE

"If you can't be yourself, what are you living for?"

Enrique Iglesias

Forthcoming Training

There is more training on its way to you:

Shanghai, China

Europe Zürich – Free presentation Saturday 19th 4pm-5.30pm; then EFT Level 1 (in English) 09.45-18:00 Sunday 20th June.

Prestatyn, North Wales, UK – Free Presentation Saturday 26th June 2pm-3.30pm 3rd floor, The Scala Cinema, High Street, Prestatyn. EFT Level 1 Sunday 27th June 11am-7pm 3rd floor, The Scala Prestatyn.

Bray, Co. Wicklow, Ireland – Free presentation Saturday 3rd July 2pm and repeated 7pm at the Novara Centre, 11 Brennan's Terrace, The Strand, Bray. EFT Level 1 Sunday 4th July 9.30am-6pm

Quote

All Things Are Connected - "If the beasts were all gone, man would die of a great loneliness of spirit. For whatever happens to the beasts soon happens to man. All things are connected"

Chief Seattle, 1854

Gil Boyne Dies

My thanks to Alan Sands in the US for passing on an email explaining that Gil Boyne passed away recently after a short illness. The email said "He was at home as he wanted to be at the end and he had said he was ready to go. Gil Boyne will forever be an icon in the field of hypnotherapy, changing the profession in major ways over the course of over half a century.

He is world famous for his Transforming Therapy™, his classic book by that title and his dramatic rapid inductions. In addition to training thousands of hypnotherapists, he did enormously important legislative work beginning in the 1960's to protect and strengthen the profession, helping establish a free and open practice of hypnotism. His legacy is broad and deep."

Sharing EFT Success

Thanks to those of you who write to me to share your stories and successes. They really make my day. Here's a lovely one:

"Michelle, Hope this finds you well and happy. I would like to share with you the magic this technique (EFT) has worked with a special needs student of mine. My student, who suffers from anxiety can locate the energy blockage in his body, do the technique independently and after 2/3 rounds he has arrived at yum! I am so pleased that he has a strategy at his finger tips (literally) that he can access himself and has confidence in. Thank you so very much! Please feel free to use this testimonial but I would ask to remain anonymous to protect the identity of my student. Warm wishes, Primary School Teacher, Ireland."

I am thrilled to share such a powerful tool, and I am even more delighted that you are sharing it with people/clients and friends you know too!

Resources

PUT YOURSELF ON THE MAP!

Now those seeking a local EFT practitioner have a chance to find who works near them – and practitioners have a brand new opportunity to put themselves on the map. The Practitioner Locator Map, powered by Google, operates just like Googlemaps and covers the entire world.

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. This is an opportunity to share, learn, experiment & explore together. There will be options to fit the needs of beginners and experienced tappers. Much of it will be EFT. Some will

introduce other ideas and approaches that fit beautifully with EFT, that make more sense of what we do or expand it to wider horizons. For more details click [here](#)

SCHOOL OF THE FEMININE DIVINE

Diploma In Sacred Arts: Distance taught. A one year transformative journey, sacred feminine energies shamanic healing and journeying, working with nature and deva living a sacred life in the world, using the medicine wheel dreaming your passions awake, mysteries of the stars & the moon knowing the Goddess & profound self healing. Program begins 21st June 2010 and is made up of a structured curriculum; individual mentoring; group sessions; on-line forum and annual retreat. For information call Amamelia on +64 3 454 3147 or visit her website by clicking [here](#)

[Michelle says: I studied at the Gaia Sacred Mystery School in NZ with Amamelia – she is an exquisite being who works with such grace and integrity. If you feel drawn to this work you will benefit greatly I am sure. When I have worked with her on my own issues, the level and depth of Amamelia’s offering has been profound for me.]

SEVERE TRAUMA RELIEF WORKSHOP IN NORTH WALES, UK

Where: Action for Children, Longfields, 11 Sontley Road. Wrexham, North Wales LL13 7EN. Ph:01978 264 040 Email - longfields@actionforchildren.org.uk

When: Saturday 12 June – 9.30am – 5.30pm & Sunday 13 June - 10.00am – 5.00pm. Cost £167. Dr Shoshana Garfield, PhD in psychology, has over 20 years experience in helping people release their toxic emotions. Prerequisite EFT Level 2. Please contact Shoshana with any queries: Shoshana@unlimitedemotionalfreedom.com or Ph: 01792 20 66 43.

Quote

Thanks ever so much to K. Beate Richter EFT Level 3 Practitioner in Shanghai for sharing this beauty with me. Have adapted the info a little though to suit!!

I asked God/Universe/Spirit to take away my habit.

He said, No.

It is not for me to take away, but for you to give it up.

I asked God/Universe/Spirit to make my handicapped child whole.

He said, No.

His spirit is whole, his body is only temporary.....

Go to our WOW pages to read entire poem

Until next time, be well! Feel free to forward this newsletter to your friends – or better still send them this link to sign up. Thank you!

Kindest regards - wishing you much love, light & courage on your journey. Michelle