

Newsletter New Year - December/January 2010

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NOTE from MICHELLE

Hello again and happy forthcoming 2010! This is the last time I will be writing to you in 2009. I do hope you enjoyed your Christmas Holiday celebrations and that the New Year starts very well for you all. I plan to be at a Fancy Dress Party where they are raising funds for the Help the Heroes. It should be fun! Be great to see the New Year out in a fun fashion. Hope you have fun whatever you are doing and wherever you are in the world!

SPECIAL PRICE for CONSULTATIONS

JANUARY 2010 ONLY*

I am offering a reduced rate to kick start your New Year – and help you get on track with your resolutions. It's a two for one special! Book a two-hour consultation and pay only for one! This offer is available only in the month of January 2010 and for 2 hour consultations only. Contact me to book early and avoid disappointment!

NEW YEAR NEWS

Thanks to Tosha Silva for the following info, I found it interesting. She writes "This coming Friday seems to me like a profound and striking conclusion to the year. Perhaps you feel it also. Not only is it the last day of the decade but also a rare blue moon, the second full moon in a month. And, even more, it's a blue moon eclipse. Most rare indeed. The energy of this astrological event on New Year's Eve feels like a glistening sapphire crowning the whole decade. Or perhaps it's like an astrological exclamation point, the Goddess' comment on an ending cycle.

Because the eclipse is in Cancer (ruling the past) you may find many events arising which bring closure to unresolved parts of your history. The current Mars and Mercury retrogrades only add to this emphasis. So family members, ex-lovers, old friends, old grudges, and old patterns may all be arising out of nowhere for completion and healing. Tosha says her theory is, "if something is still festering, when in doubt, forgive, forgive, forgive. Nothing to lose and a hell of a lot easier than storing it all in the cells of the body." Well said!

LOVE AND SELF-LOVE

I notice that there has been such a pattern in my life moving towards self-love and self-trust. I know in my teenage years (and most of my life in fact) it was all about hurting myself. It has been a huge challenge for me to come to a place of liking and accepting myself (despite all my perceived failures) and begin a new journey of self love.

I didn't really get the self-love blueprint as this was not how things were done in the past within many families and generations. So it has been like creating a new path for myself and for my work too. Initially I didn't take care of myself while traveling and found that I too can be susceptible to illness while on the road. A sobering experience in a hotel all alone with no supplies. A change was needed. Happily I take supplies with me now.

I understand that truly loving another is more about "what can I do for you," but what about what can I do for myself? Not in an egotistical way, but in a way that is gentle and positive to ourselves.

As Marshall Rosenberg says, "How can I make your life more wonderful?" I believe we really need to do this for ourselves and then our own 'love tank' is filled and whatever we receive from another only helps to overflow our inner tank. So many of us are lacking in confidence, self-esteem and self-assurance, that we feel we must sacrifice ourselves for our beloved. Not so. Especially not with the new energy of the coming year upon us. This is about balance, equality, harmony, truth, wisdom and divine love. Gone are the days when sacrifice was an endearing quality. No-one is asking us to sacrifice ourselves any longer. If we don't honour who we are – what role do we provide to others and more importantly who else will honour us?

The quality of our relationships are determined by our ability to love and be loved in return. This starts with ourselves. When we find, because of our childhood conditioning, we are not experiencing the kind of relationships we would prefer, we must look to that conditioning (or programming) and find a way to let it go. EFT can help you do this beautifully.

I wanted to share some profound affirmations for you to use with EFT. If you are unsure of the protocol please check the Emotional Freedom pages on my site and download the ABC of EFT that Gwyneth Moss shared with the EFT Community. I'm not sure the source, so my apologies to whoever created them. I found them scribbled on a piece of paper in one of my journals. Tap on each of the major acupressure points:

- (EB) I call in the power of love to bless me this day in the highest way.
- (SE) I ask that my heart is fully open, appropriate for this time in my life.
- (UE) I ask to maintain gratitude and that the miracle of my heart is with me in every moment and overflows to others around me.
- (UN)I choose to experience great growth and fulfillment.
- (BL)I choose to clear the levels of my heart.
- (CB) I now attract that which my positive thoughts send out to the Universe.
- (UA) I choose now to be heart centred and bring consciousness fully into my heart now.

- (EB) I liberate the power of my love.

- (SE) I create a pure heart connection to myself and the divine energy and truth I hold as a soul.
 - (UE) I ask for the divine love angelic emissaries to surround me with divine love at all times.
 - (UN) I place myself in a chamber of love to fully heal all old patterns and beliefs.
 - (BL) I attract the divine energy of love and embody it at all times and in all places, with all people.
 - (CB) I ask to be gently lifted into a temple of pure love energy and be held in petals of love and light.
 - (UA) I ask to receive the greatest grace of love that I am able to receive today.
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- (EB) I release all expectation of myself being anything more than I am.
 - (SE) I accept & love myself as I am.
 - (UE) I accept the power of my heart.
 - (UN) I forgive and release all that has blocked me, my heart & my mind from being one with all.
 - (BL) I am a peacemaker and a love giver.
 - (CB) I stand in my pillar and column of light, love, truth & wisdom.
 - (UA) It is now safe for me to feel.

I wish you well on your journey of love and self-love!

Quote

*"You cannot love your partner one moment and attack them the next.
True love has no opposite."*

Eckhart Tolle

EFT FEEDBACK

"This workshop (EFT LEVEL 1) is definitely worth doing. I have learned some very useful tools and enjoyed every moment. Some of my issues got cleared right there at the workshop as well. Michelle Hardwick rocks!!! She is amazing – so knowledgeable, experienced, compassionate, real, energetic & fun. I absolutely love her"

J.W. Marketing Director, MNC, Hong Kong

"I just wanted to say how absolutely amazing it was to see you this time around! You have no idea what a huge difference you've made in my life! I love working with EFT and it always amazes me how quickly my clients heal when I combine EFT with body work. And after just one session with you...in one week.. I've tripled my income.. found the perfect business-partner...healed the relationship with my mother... and let go of a past lover..LOL.... I don't think you can get any better than that! And I feel so much more secure with myself!"

S .B. from Portland, USA

"What a powerful session I had with you. I am still feeling the calm, and peace of it still. You are such a gentle, open, healing spirit and I am so grateful for my time with you."

Bonnie, China

RESOURCES

BLOG

I have been asked to write articles for a local organisation (part of a UK franchise) I have started at the beginning with a variety of topics – some you will already be aware of. Still here is the link – keep an eye on them (I post them on the Release...Peace by Michelle Hardwick Facebook Fan Page and on Twitter too. Feel free to leave comments or suggestions online.

GETTING FOCUSED

Before 2010 really kicks in – why not reflect on your goals and what you really want in your life. To help you, I suggest making three headings:

- Things I want to let go of: E.g. pretty much anything goes here from phobias, relationship issues, grief, emotional/psychological issues, insomnia, behavioural patterns, creative blocks, lack of motivation, lack of self-esteem, addictions, physical pain/conditions etc.
- Things I want to gain: Some examples in this heading include more self confidence, motivation, be more focussed, better relationship with ** etc.
- How I will know I've achieved it: Base it on previous two headings.... Be as specific as possible e.g. more motivated to do the jobs around the house i.e. I will paint the garden fence at long last!

Then do any or all of the following:

- create a picture or vision board about what you have written, or
- write a letter or poem to God/Source/Universe – stating your gratitude for it (as though it's already happened. E.g. Thank you God/Source/Universe that I have always had....) or
- tap for these goals, and any release any or all "yeah...buts" that come up to challenge your goal and limit you from having/doing it;
- or, think about making use of the New Year special (see above*) and work with me with your list. You never know where we'll end up ;o)) It will be an interesting journey!
- or, order your copy of the goal-setting hypnotic CD at my store page and listen to it to create a new program to achieve your goals

Quote

*"If you don't know what your passion is,
realize that one reason for your existence on earth is to find out."*

Oprah Winfrey

FINALLY

A beautiful quote to close this Newsletter and Year with (thanks to the person who shared this with me):

“May there be peace within you today and always. May you trust that you are exactly where you are meant to be, and that the timing is exactly right. May you realize the infinite possibilities when you have faith in yourself and others. May you use the gifts that you have received, relish the blessings that are showered upon you, and pass on the love that has been given to you. Let the knowledge that you are perfect settle into your DNA, and allow your soul the freedom to sing, dance, giggle and love. And when you are ready, may you find a sense of 'arrival' as you step into your goddess power, ignite the divine spark within, and dare to become a shining example of 'spirited man or woman'.”

NEXT ISSUE ***** Stay tuned for next month's issue starting a New Year in a New Way*****

Please feel free to forward this email to others! Kindest regards and wishing you a wonderful start to 2010. Go well into the New Year everyone! Take care & Be well!