

Newsletter November 2010

Hi everyone! In the next while I will be in the process of changing my newsletter page, the newsletter and how it is sent to you, so that the page loads quicker and there is no duplication of work/emails which has happened recently.

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NOTE from MICHELLE

Hello everyone from Shanghai! I hope all is going well for you all wherever you are in the world.

I was busy during my stay in Hong Kong in October. With a great mix of wonderful experiences: seeing very dear friends and spending time with them, as well as catching up with past clients and reconnecting with new ones. I got the chance to teach EFT Level 1, 2 and 3 too - always rewarding for me.

A LESSON IN TRUST

I felt incredibly humble at my most recent 'test' in terms of trust and trusting the Universe. On Thursday evening 28th October I was due to leave Hong Kong and I had a 9.15pm flight. Many of you may know that Hong Kong has an 'in-town check-in service'. This allows you the freedom to check-in for your flight early in the day; deposit your bags in town with your specific airline and your bags get taken to the airport and onto your flight.

I arrived at the check in counter at 10.30am. I was then told that the visa I had for China had expired. I would not be able to check in, nor go to China. The visa would take a day to get. I was in shock.

I took my bags off the scales and headed back to the Shakti Healing Circle not really knowing what to do. My intuition kicked in and told me to send a text to the very good friend I was due to meet later. I did. He called back almost immediately. He was actually in the same street I was travelling in the taxi. He told me there might be a way to do it and that he would meet me straight away. One phonecall later and we had the name of someone who would be able to get me a visa the same day.

We could meet him in 90mins with my passport and a photo. I had a feeling that all would be ok (despite my logic telling me otherwise). So I trusted my feeling instead. There was a slight challenge getting the photo, (the first place I went had a broken machine) so I went onto the next. Photo done. We were on a mission.

Sure enough 90 minutes later the person turned up; took away my passport saying he would be back at 6-6.30pm with my new visa and I that could pay him then. I carried on with the plans for the day (which all just ended up rolling incredibly well together, with virtually no second to spare). I did not feel the need to tap as I felt calm, that all was being taken care of. I was just surprised that I had no warning (as normally I do get intuition about things like this). However later on reflection I realised that I had thought about my visa but I knew I had one entry left and didn't check the date of expiry.

My friend emailed the airline to explain about the visa situation and that I was in the process of getting a new one. They later confirmed I still had a seat. Confirmation for me from the Universe that I was meant to go.

Later that day we received a phone call from the man's wife to say he was delayed. I felt a slight burst of fear & anxiety come up inside and I immediately began tapping to release it. There was no way I was going to contribute to this feeling or allow it to get worse.

After some tapping, the feeling dispersed and I was back in a place of trust. My friend told me we would be able to get to the airport and check in there. If we got there by 8pm before the check in counter closed, I could still make the flight. It was going to be down to the wire.

We made our way over to Kowloon station and waited. At 7.30pm my passport arrived with a new visa, I paid and happily we hurried to get onto the Express Train to take us to the airport. We arrived at exactly 8pm.

While standing in the queue waiting I felt such an intense feeling of gratitude for all that had happened in the day, especially for my friend David Bingley and for all the people who came together (from everywhere) to help me achieve my goal and deliver my visa, so that I could get to China on time.

My guides then whispered in my ear that it had been a test of trusting...and that I had passed the test. Wow. I cried. I felt so blessed and humble. What an experience I had set up for myself to prove to my own self the power of trust.

We got to the check-in counter at 8.10pm (flight was at 9.15pm). There was already a note on my booking that my visa had expired. The person checking me in looked up surprised. I already had a new visa in my passport (7 hours later as opposed to a minimum of 24). She commented on it. I smiled inwardly & outwardly.

I checked in, my bags disappeared and I thankfully got my flight - feeling incredibly blessed. An amazing journey, one that I won't choose to repeat, but one that proved to me without a doubt, that if I trust and if it is meant to happen in divine timing, then mountains can and will be moved to ensure that I will achieve my goal.

The key for me was remaining calm, knowing I had a few options (including a couch to overnight on - thanks David!), having no negative thoughts about it (apart from the one blip which I tapped out). It was my job to continue to focus on what was happening and going with "what is" as opposed to what was not.

My deepest gratitude to David Bingley from the House of Light <http://www.houseoflight.com.hk/inspiration.html> (the people who helped – who I never met including Mingho 'the Star') as well as my guides for playing their part in helping me to achieve this level of growth and understanding. I am grateful that I can begin this next inner journey and begin to move to a new level of inner trust.

Quote

“Courage is not the absence of fear, but rather the judgement that something else is more important than fear.”

Ambrose Redmoon

New Developments

I personally am in a massive time of change and growth. Travelling always seems to do that for me. Over the last months I have seen the numbers for my EFT Training become smaller. I realised that my mission with EFT and the EFT training (also my karma with it and you) was coming to completion.

My heart was sad at what was occurring. I do/did love the training and sharing the powerful tool of EFT, gifted to us by its' founder Gary Craig. Also I felt sadness at letting go of my 'spiritual family', all of you who email me, communicate regularly and are a part of my life. You are my family and it touches my heart with gratitude that I have had the privilege to meet you, work with you, laugh and cry with you and be an accompaniment on all of your amazing journeys.

But I know things change and I have been changing since my move to Ireland. I found another part of myself and I feel more complete and at peace than I ever did. I have a home after being on the road for almost 7 years with a huge schedule, many things to do/people to meet. I feel I am ready for a different pace.

But what? This has brought a feeling of uncertainty to me as I am unsure of what the next step(s) will be. The answer came in Kuala Lumpur. As I began to truly integrate the tools I have (not just sharing them when I felt safe to) or with people I knew would not reject or humiliate me I began to see rapid changes in the clients and deep, powerful shifts.

The key was trust. Trusting the information I got – whether it was past life details, mother lineage stuff, cell memories, challenges in the DNA, contracts held in the chakras... I shared it all. The more I did of course, the stronger the information came and the clearer it was.

This is when I realized talking with Simone in KL that there are many people now teaching EFT, but there are less people sharing the tools of what I do. Kind of like – “Ascension tools for the EFT Practitioner”. My heart began to sing at this idea and the prospect of different work! Creating a much larger community of people who are moving and shifting from the 3rd Dimension to the 5th Dimension who need new spiritual tools in this new realm.

So I shall be completing my teaching here in Shanghai, I will trial a new teaching method of EFT – with Cantonese Translation in Hong Kong. I will be sharing the new tools in KL and Penang. In the New Year I plan to head to Singapore then return to the UK to visit my family. I will return to Ireland

and teach once more the 3 levels there. I also have a possible opportunity in Switzerland and some other European places - more in the months to come.

I plan to write and develop my new spiritual EFT programs then, see clients in person and on Skype, carry on supervision and the maintenance programmes with students. I will be revealing more about the new courses in the new year ~ when the timing is right.

I have also planned a holiday for myself (yes me!) I am taking time out in Bali mid December and Xmas so I can rest, recuperate after travelling and begin to work with the questions:

- "What do I really want?"
- "How do I want to live my life now?"

I feel the timing will be perfect – a new year – new beginning, new home in Ireland and a new start. I will share a little more as and when I have it in the next newsletter.

Quote

"It's not who you are that holds you back, it's who you think you're not."

Author Unknown

THE ASS OR DONKEY

Here is the essence of Rumi as kindly shared by John Baldcock –

“The words ass, donkey, mule are part of everyday vocabulary – for example, ‘Don’t be an ass!’ or ‘You’re as stubborn as a mule’. In Rumi’s vocabulary, the same words are employed to denote stupid or stubborn behaviour. More significantly, when our lower nature is dominant we tend to be governed by its desires and impulses rather than by our higher natures with a telling analogy in a discourse from Fihī mafihī:

‘The human predicament can be likened to an angel’s wing tied onto an ass’s tail in the hope that the ass, through its association with the angel and the angelic light, might also become an angel.’

Our potential to rise above our ass-like lower nature lies in our capacity to attain knowledge of the Divine. This knowledge, which itself emanates from the Divine, is variously named as Intellect, Reason or Intelligence.

Although our higher nature has the potential to draw us towards higher level of being, as long as we allow ourselves to be dominated by our lower nature we cannot expect to evolve spiritually.”

.... And that’s what I love about EFT, NLP, Hypnosis and the other Spiritual tools I have now in my toolbox ~ they give me personally as well as my clients the opportunity to let go of our 3rd dimensional ‘ass-like’ characteristics so that we can be the divine, higher levels of beings we have the capacity to be. These tools help us connect to our Higher selves and all that is, easily and get back to being who we truly are not the story we have been telling ourselves forever...

Quote

*“A successful person is one who can lay a firm foundation
with the bricks that others throw at him or her”*

David Brinkley

FORTHCOMING TRAINING – ASIA

- **Shanghai, China:** from Saturday 30th October until Sunday 14th November. I am thrilled to be back in Shanghai - it's wonderful. Please join us for the EFT level 2 and 3 training as well as for personal consultations. Click this link for more information - <http://www.michellehardwick.com/news.html#sha>
- **Hong Kong:** November 20th & 21st I will be offering my first EFT Training in Cantonese (in English with a Translator) – for more details go to this link <http://www.michellehardwick.com/news.html#cantonese>
- **Malaysia** - Kuala Lumpur from 1st-6th December. I will be at Lightworks Malaysia offering private consultations and the newly updated “Raising Your Consciousness mini-workshop”. Please go to this link to find out more - <http://www.michellehardwick.com/news.html#KL>
- **Malaysia** - Penang in the Lifeworks Centre from 8th-13th December. I will be offering private consultations and the newly updated “Raising Your Consciousness mini-workshop”. Please go to this link <http://www.michellehardwick.com/news.html#Pen>
- **Singapore** January 2011 - more details coming soon. Please watch this space...

Keep an eye out on my home page for the announcement of new venues and ventures coming soon!

Quote

“It ain't what they call you, it's what you answer to.”

W.C. Fields

RESOURCES

- **Radio Dada** – Hong Kong Thursday 4th November 8pm (Hong Kong time). I am grateful for the opportunity to have been interviewed by David Bingley of the House of Light on Radio Dada – www.radiodada.hk. Click the program timetable, then choose the menu ‘Living Channel’ then select the option ‘House of Light’ and scroll down for the English version. Listen in online and tap along with us as there is a live video stream too! Alternatively if you are listening in after the 4th November I will have a link to it on my site on my ‘News’ page
- I will also be offering the new **EFT Level 1** workshop which will be translated into **Cantonese** from the House of Light later this month – for more details go here <http://www.houseoflight.com.hk/inspiration.html>
- **Live Chat – Monday 8th November 10-11.30pm HKG/Shanghai Time; 2-3.30pm UK; 3-4.30pm Switzerland; 9-10.30am US – New York; 4-5.30pm South Africa ‘Healing the Heart of Depression with EFT’.** An interactive interview with Michelle by Jena Griffiths of Earth School – Listen free on your webpage to the discussion, interact with us and ask any questions you might have! Alternatively it will be available to listen to after the event on a replay on the same link: <http://ear-thschool.com/free-call-michelle-hardwick-on-eft-as-cure->

[for-depression](#) To convert to your timezone use this converter - <http://www.timeanddate.com/worldclock/converter.html>

- **Guasha** – Shanghai, China. Is anyone interested in having a Guasha treatment in Shanghai? Grainne (EFT Level 3 Practitioner) introduced me to Mary, who is a teacher & lecturer of Guasha and many other things in Suzhou. She is an amazing woman who does incredible work with your lymphatic system (and much more). The term in English is called ‘scraping’ but it doesn’t actually correctly describe the wonderful sense of well-being you have after the session. I felt amazing. Mary doesn’t speak English (well, hardly any) but her daughter will travel to Shanghai with her (to your home/hotel/apartment) if there are a number of people who are keen to have a session with her. I am hoping to book on the following dates 9th November; and 16th November 2010. Please do get in touch if you would like to sample Mary’s exquisite talent and experience the real Guasha for yourself! Many thanks
- **Shanghai China - EFT Practice Gatherings** on Tues Nov. 16th, 9:00 am - 12 noon and Tues Dec. 7th, 9:00 am - 12 noon. Please confirm your attendance SMS/text Marianne: 130 4060 2645
Venue: 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 - Line 2 Jiangsu Lu & Jing An Temple; or Line 11 Jiangsu Lu
- **Hong Kong EFT Tapping Group** – Weds 24th November 6pm I will be in HKG so will join you for this meeting. Let’s meet, have some laughs, great food and reconnect with people who share the love/passion of EFT! We will be upstairs in the room above the restaurant. Come to the Indian restaurant ‘Guru’ at no. 13, Elgin Street, Soho, Central. (Thanks to Michelle & Shveitta for this insider’s tip)
- **Mexico - Whale Trip with Amala Christine Hayes:** 4th - 10th February 2011 at San Ignacio Lagoon Baja California, Mexico. Amazing opportunity to connect with the Whales - <http://www.truth-talk.com>

Quote

“Make the most of yourself, for that is all there is of you.”

Ralph Waldo Emerson

Enjoy exploring all of who you are this month!

Warm regards & thanks to you all for subscribing to my newsletter. Michelle