

Newsletter October 2010

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Note from Michelle

Hello friends and greetings from Hong Kong. I hope you are all well? I arrived last night in Hong Kong from Wales (via Doha). I slept a full 12 hours non-stop and am feeling alive again today!

My thanks to all who wrote/texted/sent cards congratulating me on my recent move to my new 'home', Ireland. It took 3 of us (my parents and myself), days to clean the apartment, and sort out where all the stuff went. I am truly thankful to my parents for all their help and support. My apartment now looks more like a home instead of the chaos it was!

I am also grateful to my sister for having a massive clearout in her home. She did this before I had returned home to tell her I was leaving Wales to move and live in Ireland. I recycled, re-used (and free-cycled) at lot of the things she no longer wanted/needed.

I remember, what a huge process and challenge it was for me twelve months previously when I let go of everything – all my belongings in NZ – (raised some cash to live on) and had to trust that all would work out ok. Now it has, I am delighted that things have come full circle!

I enjoyed the amazing warm weather we had in Cobh while I was settling in. I was invited to play croquet at a local tennis & croquet club one Sunday and had an absolute blast. My first time, and I managed to get the ball twice through the hoop – what a treat. I had a wonderful day spent in the sunshine getting to know new friends.

It's been good to try new things. I have said yes to just about everything (!) in an attempt to meet more locals and get myself out of my apartment.

I also attended a flower demonstration – surprisingly I had an incredible time, watching a professional at work – who made it look so easy.. I thought she was making it up as she went along (not so, a LOT of preparation goes into a demonstration, I was told). I was honoured to win one of the pieces too! What a treat. Especially as I had wanted fresh flowers in my new place!

I went Hill-walking to Knockmealdown, close to where I live. Met a number of wonderful people and was blessed with pretty good weather (a little Irish rain and blessing) as well as taking in stunning views of my new home and the Irish countryside.

QUOTE

"If you put yourself in a position where you have to stretch outside your comfort zone, then you are forced to expand your consciousness"

Les Brown

Comfort Zone

As this new chapter in my life began, it brought brilliant opportunities (more about these next time) and similarly challenges. After the initial rush of sorting & cleaning, my parents left & returned home to Wales. There I was in this new, beautiful stunning place – alone. Out of one comfort zone, but not yet fully into a new one.

As this new reality hit home I had a bit of a melt-down. All sorts of doubts, worries, fears, concerns came up – questions like ‘what on earth am I doing here?’ ‘Why did I leave?’ (and more). My choice was either to spiral into darkness which I know very well; or do something completely different.

I was given some very helpful guidance from my guides through my close friend and incredible Angel-reader Liz MacDonald. *"Change my focus and my mind - read a book, watch a movie, go for a walk, explore my new location..."* That was what I chose. I decided this time I had to do a few things differently and reach out. This choice made a huge difference too.

I had tapped on the familiar feelings, but this current situation facilitated something else. This was more about self-empowerment on a much deeper level. I was beginning to connect to a new part of myself - one I had not yet connected to.

I was blessed with a stunning double rainbow on one of my ‘change my mind/focus walks’. You’d have smiled at the sight, me tapping, smiling, crying and laughing at the same time! The rainbow I saw, was acknowledgment for me – it answered a question I had had, that I was on the right path. A break-through.

Since that time I’ve been feeling easier, clearer. I am proud of the choices I made during that period. Not needing anyone to rescue me – even though I did yearn for it - and I am glad I have now made new-found friends and discovered a new part of myself. I also caught up with some of my friends in Cork and past students as they came to visit. I was really thrilled to share my new space with them. (And thanks to technology I’ve even shown my apartment to a few international friends on Skype too!)

For me this time has been a powerful one of transition. I feel there has been a rich learning on many levels something I am still integrating. I feel so much more at peace now than ever before. I look forward to what this next chapter brings – armed with new skills and tools!

QUOTE

*"Load the ship and set out.
No one knows for certain whether the vessel*

*will sink or reach the harbour.
Cautious people say, 'I'll do nothing until I can be sure'.
Merchants know better. If you do nothing, you lose.
Don't be one of those merchants who won't risk the ocean"*

Rumi

Tapping Affirmations

I recently discovered a few more affirmations that have really helped me – try these using the short-cut:

“Even though I’d had some challenges recently, I know I am moving forward and I deeply and profoundly honour who I am and who I am becoming” x3

- EB - I release my need to try to be pretty & pleasing for others...
- SE - ...rather than please myself
- UE - I like myself the way I am...
- UN - ...I have survived!
- BL – I choose to be a mother to myself now
- CB – I activate my own inner, personal mother
- UA – I am ready to emerge

Top of Head - My feeling is just as important as anyone else’s thinking.

- EB – I have energy for change
- SE – I can now nurture myself in new ways
- UE – I shine light into my recent losses
- UN – I release ancient unresolved anger & grief
- BL – I shine light into these gifts
- CB – I know and trust that a Higher Will operates in my life
- UA – I connect with the peace that passeth understanding

Top of Head – I now engage my mind! I can focus my mind on something else

- EB – I trust that this too shall pass
- SE - I hand this over
- UE - I end that which needs ending so that...
- UN - I can begin that which needs beginning
- BL - I am all grown up now
- CB - I can stand on my own two feet...
- UA - ...and I have God/a guardian angel/Higher Power...
- Top of Head - ...who will catch me if I fall

Tapping Success

I received this email a while ago and felt it needed to go into this newsletter. *“I came across one tapping in your EFT Level 1 Training manual and it got my attention. Something about it. It was too*

optimistic for me but at the same time it resonated somehow... So I printed it out and tapped. The first day of the "new tapping" I got phone call from a "future" client.

The second day I got an email from another one.

Then, I started to watch what would happen after I tapped :-)).

On the third day I got a call from my cousin asking me to go with her on a 10 day holiday to Greece for €7 and 40 cents! Friend of hers had two free spaces. So two days later we went. €7 and 40 cents, really. In Greece we got to know this girl Tina. After day or two we realized that we have quite a few things in common and she offered us a business opportunity. She wants to start business and was looking for the right people. Never expecting to find them on holidays :-).

So in June I not only made more money than in last 6 months :-), but I got into new starting business which we are going to built up from scratch. I am amazed how powerful that tapping is. Sometimes I don't do it and the day goes ok, nothing special. But every single time when I do it something happens."

E.K.

Happy Tapping Everyone! Check out the following pages to learn more about my EFT Level 1 Training

Consultation Feedback

This is an email from a recent new client. He had already done EFT with two very good practitioners in other parts of the world on his condition. The main problem was the client simply just could not walk at a normal stride; it was about half the normal stride, like a shuffle. In effect he had an inability to be able to walk the way he had previously been able to. At one point he couldn't walk from the front door to the gate which was about 100 metres.

Remember what I teach in my EFT Training about the 4 stages of a client – Planting, Watering, Fertilising and Harvesting? You never know which phase your client is in. I am grateful to the other practitioners for their work as it allowed us to get closer to the root cause – and towards the harvesting phase. It also highlights (like the example above) the necessity of continuing to tap on yourself after consultations & training - if something arises.

He emailed, "Today I decided to go for a walk, I used to walk for an hour around a circuit beside my house - about 4.5km. I thought, OK I would go to the end of the road and back. I started off a bit tight in the legs and with shorter steps and tapped a bit on this as I went along. Then I decided to download my perfect walking blue print, cancel the current file and load the old perfect one and run it. And, I tapped and thanked and loved my legs. [Michelle writes – we'd done something similar during the session]

Then I started to walk better and my stride lengthened and then I just kept going and I started to walk more or less normally and I did the whole walk!!!! I was thrilled! I have not done this walk since March. Then I got in and received a mail from my doctor saying he was arranging another EMG for me. I replied and said I did not want another EMG and to please cancel it. I feel great about doing that as I just do not want any more tests and its' too soon and I can get better without a doctor

electrocuting me and sticking needles into my muscles. It was normal the last time and I think it still would be but do not want to go through it again. Thanks for your help.”

I replied – *“I am thrilled for you! Congrats on empowering yourself on so many levels. Remarkable. Keep it up. You have the tools literally 'at your fingertips!'”* Forthcoming Training – Asia

Hong Kong: New dates! I will be in Hong Kong now from 5th - 10th October and also from 16th- 25th October offering EFT training and personal consultations. My first week is almost fully booked – please hurry if you wish to treat yourself to a private session. Feel free to click on this link for more details of what’s on offer

Hong Kong: Come along and enjoy an evening of laughter, discussion, sharing and EFT in our Open EFT Forum in Hong Kong Tuesday 19th October 6.45pm-10pm at the Shakti Healing Circle. HKG\$555

Open to all who have trained and studied in EFT.

Kuala Lumpur: Monday 11th until Thursday 14th October – please click on this link below for more details. Could I ask a favour? If you know of anyone in KL who might benefit from the EFT training, mini-workshop or personal consultations please send them the details – many thanks to you... As an added incentive we have this special offer for new clients in KL – when you book for a private consultation and either the “Awakening your Dream mini-workshop” or the ‘EFT Level 1 Training’, you will receive a 20% discount.

Shanghai, China: from Saturday 30th October until Sunday 14th November. I am so looking forward to returning to Shanghai very soon please click this link for more info about where I will be

Hong Kong: November 20th & 21st I will be offering my first EFT Training in Cantonese (in English with a Translator)

QUOTE

*“A dream is your creative vision for your life in the future.
You must break out of your current comfort zone and
become comfortable with the unfamiliar and the unknown”*

Denis Waitley

Investing In Your Spirit

I jotted this beautiful list down somewhere and as I was going through my things during my recent move to the wonderful Emerald Isles this came to light, - perfect timing - I felt it would be good to share with you this month:

“The greatest act of will in which we can invest our spirits is to choose to live according to these rules:

1. Make no judgments
2. Have no expectations
3. Give up the need to know why things happen as they do

4. Trust that the unscheduled events of our lives are a form of spiritual direction

Have the courage to make the choices we need to make, accept what we cannot change, and the wisdom to know the difference”

Why not create your own tapping phrases using the above information and share with our readers next time? Feel free to contact me with your suggestions!

QUOTE

*“Don't grieve.
Anything you lose
comes round in another form”*

Rumi

Supervision or Maintenance?

I was recently asked what the difference is between Supervision and Maintenance. If you have completed some or all of your EFT training and are feeling a little stuck - there are a few options available to you. Consider a personal consultation with Michelle or the following:

Supervision

Have completed EFT Level 1 or 2 training and need help with your application of EFT? Do you have a few questions about EFT that need answering? Supervision is a ready support for your skills, yourself and/or your client work and is available on a session by session basis. Recent supervision feedback:

“you have given me so much to think about. It was fabulous”

Maintenance Programme

Are you ready to climb to new heights with your EFT application, evolution and understanding? The Maintenance Programme is totally tailored to your needs and offers you “individual input as & when you need it.” When things are crumbling around you (and even when they aren't!) get more clarity on the ease of things in your life for yourself. The Maintenance Programme is a daily support of quality care for yourself. We incorporate a variety of powerful, effective tools to help you continue your journey.

Utilise all you have learned during your EFT training or individual sessions, and take the extra steps to integrate these in your life now. Ingrain these changes within, on a permanent basis.

Are you keen to refresh, deepen, or recapture your enthusiasm for EFT? If so, we have a variety of packages available - please feel free to contact us to discuss your needs.

Recent Maintenance Programme feedback:

“Can't thank you enough for your generosity and for the email too, Michelle. You support me more than my closest”. E.K.

I hope this answers any questions you had about which choice to make for your own growth and development.

Resources

- My thanks to Masha Bennett for creating the EFT research page - a great resource. If you know of any other research papers please let me know as I would love to keep updating the Research pages on my site too!
- Shanghai China - EFT Practice Gatherings. Tue, Sept. 28, 9:00 am - 12 noon; Tue, Oct. 26, 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
- Interesting Music – for deeper levels. I was recently recommended by my very good friend and shaman Gail Gorelick to listen to ‘Solfeggio Harmonics’ on Utube (amongst other things!). I browsed what was available and have listened to a number of tracks. There are cool graphics too if you are interested in watching. Thanks Gail – I love them, they are so different! Let me know what you think.

- Guasha – Shanghai, China. Is anyone interested in having a Guasha treatment in Shanghai. Grainne (an EFT Level 3 Practitioner/Life Coach in Shanghai) introduced me to Mary, who is a teacher & lecturer of Guasha and many other things in Suzhou. Mary is a lovely woman who does great work with your lymphatic system (and much more). The term in English for Guasha is ‘scraping’. This doesn’t actually describe the process nor the wonderful sense of well-being you have after a treatment. Mary speaks a little English but will travel (for a group) to Shanghai city and within Shanghai to your home/hotel/apartment. I am hoping to book on the following dates 2nd November; 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 because I’d like to get a group of people together to make it worth Marys’ while! Many thanks
- Shanghai, China an Invitation to EFT Students – for a Pot Luck/ Meal Sharing. Sunday 31st October 7pm. Marianne’s idea was to join for dinner at her place where EFT students of all walks of life can come together. Enjoy a fun evening and good food. Marianne said her intention was “to see one another & just enjoy our company together - NO WORK - just a social gathering :-)” Please confirm your attendance SMS/text Marianne: 130 4060 2645 please bring some food for with you to share. 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
- Incredible Book – The Alchemist by Paulo Coelho – Wonderful spiritual read – my thanks goes to Theresa from the ‘Little Green Door’ in Shanghai - for recommending this jewel to me. It’s all about following your dreams. Overview: When Santiago, a young shepherd boy

from the Spanish countryside of Andalusia, has a dream that reveals the location of a hidden treasure buried at the Egyptian Pyramids his simple life is suddenly torn in two. Part of him wants to take the chance to go searching for it and the other part of him wants to continue his easy life as a shepherd. [Sound familiar?]

QUOTE

"We cannot become what we want to be by remaining what we are"

Max DePree

Thank you to those who have made emailed kind wishes and encouragement about my newsletter – it's great to know that some of you read it! *smile*

You are very much appreciated. Warm regards, Michelle