

Newsletter October & November 2009

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NOTE from MICHELLE

After much waiting the article I sent to Gary Craig has now been published! Feel free to go to the News page on my website www.michellehardwick.com for more details:

TOPIC: Self worth

When you choose to believe in yourself you send a strong message to the Universe that you mean business. It is having the confidence to stand in your own shoes and to put a line in the sand, to say that you are unwilling to be swayed by things that run counter to what you know to be true. It requires that you believe in who you are and what you offer and are congruent with your communication and message. What this does is it brings a real need to trust your instincts and to hold onto what you know to be true, especially if others or life's realities try and convince you otherwise.

Increasing self worth is essential. How can this be done? One way is with EFT (the Emotional Freedom Techniques). You can download the ABC of EFT from my Emotional Freedom page (my thanks to Gwyneth Moss for this delightful description).

Go to the earliest or worst event when your self-worth was challenged. Or ask yourself:

- What does this event or lack of self-worth feeling remind me of?
- When was the last time I felt unworthy, and why? Who/what makes me feel unworthy, and why?
- What is my biggest sadness or regret?
- What do I wish I had never done?
- Whatever answers you might get will highlight where you can begin tapping.

Another way to increase Self-worth is through Hypnosis. Listening regularly to positive suggestions that help to uninstall old, negative or outdated programmes and install an updated, positive, new program of self-esteem, confidence and self worth. I have some generic recordings for sale in my shop.

One final way to change the lack of self-worth is to change the internal dialogue (or mind chatter) that we have running constantly with this quickie NLP technique:

Imagine the voice from a person who rejected you. What is it saying? Notice the tone, the pitch, the volume, the tempo. Now, think of someone who is a great inspiration & mentor. Imagine that person talking to you about a goal. Hear their inspiring tone, pitch, and tempo. Now, imagine the person who rejected you speaking to you in this new tone. Perhaps the "message" changes to be softer or more thoughtful? Maybe it's in the form of a question now? Repeat this process often.

Quote

*"When I am trusting and being myself fully as possible,
everything in my life reflects this
by falling into place easily, often miraculously"*

Shakti Gawain

(Thanks Sujal in Hong Kong for sharing this quote with us all)

WHAT'S COMING UP

We have a few more things and training on their way to you:

Sydney 10th and 11th October individual sessions

Sydney "Yoga & EFT workshops". Saturday 24th October 2009 from 10am-5pm in Randwick, on 79 Frenchmens Road, at "Fitwomen"

Sydney "Yoga & EFT workshop for Self-Empowerment." Sunday 25th October 2009 from 10am-5pm in Randwick, again at "Fitwomen"

Shanghai at Frank n Sense from 28th October until 8th November 2009 offering one-on-one consultations, mini-workshops and EFT Training levels 1-3. Dates to be confirmed soon!

Hong Kong - 11th through to 24th November 2009 we shall be in Hong Kong offering one-on-one consultations, mini-workshops and EFT Training levels 1-3. Contact Shakti Healing Circle for more details- <http://www.shaktihealingcircle.com/page15.php>

Recent Training Feedback from Ireland & Wales & New Zealand

EFT Level 1 Kinsale, Ireland

What are one or two experiences from the workshop that stand out for you, as you think about it now?

"It's hard to limit it to two!!! The level of impact of the EFT on me was completely unexpected. As you know, I went to help resolve issues with my daughter and ended up healing some of my own issues (which have been part of my life for over 34 years!) and, although exhausted from the emotional drain, I was also completely exhilarated at the end of the day and have been raving to people about the course all weekend. The feeling of release from the burden of old issues and the support and sharing of everyone on the team was great. The "borrowed" tappings; and simple sound advice were greatly beneficial. Listening to your stories and experiences was extremely interesting."

What is something that you will be doing, feeling or thinking differently as a result of this workshop?

"The realization that we all have a choice in what we do was significant. It sounds so simplistic when I type it now and, of course, it's common sense but already I find, when reaching for the unhealthy snacks, I feel more determined to resist, than I have in a long, long time, now that the awareness has been raised. I definitely have a more positive attitude and feel stronger and less helpless. It's unbelievable what a difference a day makes."

"It was a fantastic idea at the beginning to ask everyone to choose the one event in their life which they would eliminate/do differently if they could live their lives over. I think this struck a chord with all of us and proved the power of EFT very quickly for all of us, with different backgrounds and different issues. Once this happened, we were all hooked!"

Finally, I want to say HUGE thanks to you and Bob (Brennan of EFT Kinsale).

"It was a fantastic experience and, even if I was never to use EFT again (which won't happen); I have been released from horrible memories which I had never imagined would be possible. Keep up the great work and I look forward to seeing you again in March when, hopefully, I'll have a bunch of new recruits in tow!" R, Ireland

Raising Your Consciousness Workshop, Wales

"Since the workshop I have felt empowered to get organised in my life. I have cleared many areas with a goal to sort out my dining room by the end of September 09. Every day I sort a folder or drawer.

I have also been able to phone people easier than before. My intention is to phone 20 people at least a day. I started with 5 and now I'm up to 11, will be 20 consistently from this week. I have signed up 4 customers recently and my diary is booked all week booking people in for next week is so wonderful. Thank you for showing me how. I use EFT daily and consistently.

My life now is fantastic and I thank the universe all the time. I am calmer and I still listen to your mp3 daily. In Caernarfon tonight signing up another customer I'm helping most people reduce their outgoings and helping them organise their bills into one. This feels great, I'm on track to get my company mini by the end of the year I will keep up this momentum as it will help me achieve more and help more people. Hugs to you thanks so much love. M, North Wales"

EFT Training, Invercargill, New Zealand

"I valued Michelle's absolute presence and the way she allowed us all to open up to our own deep issues without moving us along even when there were time constraints...I felt that there was deep learning in this approach.... I also valued the group tapping sessions which were very powerful and the supplementary material she has provided us along with the various protocols.

Wish the workshop was longer! Imagine what could be achieved in a week long seminar/retreat. Michelle was AWESOME! Words cannot describe how onto it she is!! This workshop enables you to extend your EFT techniques so that you can work with the more difficult issues with confidence...it also allows for great personal breakthroughs in one weekend! I would definitely encourage my

friend to train with Michelle not another EFT trainer.... she is the best there is!"
Kiri Winders, Healing Practitioner Queenstown, NZ

RESOURCES

Script

The EFT Level 3 Students in Invercargill, New Zealand asked me recently to write up a script of sorts for when working with shattered or fragmented parts of self or with clients. Here is what came through today:

Tap on the Karate Chop point and say "I call to all the shattered, fragmented, splintered, disconnected, avoiding, shocked, traumatized, encapsulated and separated parts of myself. All of those parts wherever they are, right back from conception or birth, past, present and future, those hiding in the void (in avoidance), all the frozen or trapped parts from different ages that couldn't or wouldn't come back, I now call them all home back into my heart and integrate them now fully into my heart chambers. It is safe for them to come home now to my heart and be one. And I ask that these parts pass through the violet flame and be transmuted into love. So be it!" Then tap on each of the points in the Short Cut using the various statements, e.g.:

- Eyebrow – calling all my shattered, fragmented, splintered parts
- Side of Eye – those disconnected, avoiding, shocked, traumatized
- Under Eye – and the encapsulated and separated parts of myself
- Under Nose – I call all of those parts wherever they are
- Bottom Lip - right back from conception or birth
- Collarbone - past, present and future
- Under Arm - those hiding in the void (in avoidance)

Then up again

- Eyebrow - all the frozen or trapped parts from different ages etc.

Let me know how you go with this process.

Article

I am very happy to report that I have another article published in Network SHE in their online magazine check out page 57 go to my News page for more details.

Also available are tailor-made recordings based on your specifications. These can be requested by contacting me. Once completed your recording will be emailed to you; and you can either download it to your computer, iPod or burn it onto a CD. Update your recordings as and when you need to. Contact Michelle in confidence to discuss your needs.

NEXT ISSUE - Next month's newsletter on mirror work and taking responsibility