Raising Your Consciousness
Practical Ascension Tools & Techniques

During this interactive one day workshop Michelle shares a variety of powerful tools that have helped her on her own spiritual journey over the past 15 years.

The workshop is designed to help you release beliefs/patterns that prevent you from raising your consciousness and help you connect easily to your higher self and all that is. No experience of EFT or Hypnosis necessary.

Time: 11am-6pm

*Quote*

"Faith is taking the first step, even when you don't see the whole staircase"

Martin Luther King Jr.

We explore:

- Akashic Records; Contract Breaking, Powerful new Decrees
- Limiting situations or beliefs that have kept you connected to Fear; or to the past
- Blocks to your Ascension process
- The power of Compassion and your consciousness
- Your chakras
- Tools to help you maintain your connection and path in the future

During this training you will:

- Learn how to break contracts/agreements that you may have made & set powerful decrees for the future
- Reclaim your spiritual power with grace
- Use EFT (the Emotional Freedom Techniques – “tapping”) to help you clear & free yourself from past limiting situations
- Clear veils that cover your chakras preventing you from connecting to your soul/ higher self
- Experience relaxation and hypnosis (with positive suggestions of your choice) to create or enhance your connection to your Higher self
- Integrate easy tips to help you in your daily life to maintain your connection (for use after the workshop) and increase your spiritual awareness
- Receive a free mp3 recording from the workshop - (sent to you by email after the workshop) - based on the groups’ needs. This is for you to use to reprogramme your mind to raise your consciousness. Daily listening of this recording will help maintain your direction; connection with your higher self and all that is
**What to bring:**

- your own snacks and a 1-litre bottle of filtered water, to assist your integration
- pen & paper and your intention for the workshop, yourself & your life
- an open mind and readiness to share as well as your sense of humour
- a pillow and blanket
- an idea of new concepts/thoughts/affirmations you would like to have integrated within your mind about raising your consciousness (this forms the basis of the tailored Hypnosis segment of the workshop)

Michelle has been leading her own unique interactive workshops and guided relaxation/hypnosis sessions for over a decade and has had tremendous success in leading individuals and groups into altered states of consciousness - regardless of their level of experience. Be prepared for change!

**Kind comments:**

"Thank you Michelle for a very pleasurable and rewarding evening, the group was amazing, their openness and honesty about themselves amongst people they had never met before was remarkable. I personally took a lot from the course and I would recommend this course to anyone."  
**Sue, Esoteric Store Owner, UK. July 2009**

"I loved the workshop and it really has shown me how far I have moved on especially in the last year. I feel such a different person in so many ways. EFT has had a big impact on that."  
**Fiona, Advanced EFT Practitioner, Philippines, 2008**

"I got hope and an understanding of what I am thinking. Loved the personalization of the mp3. I found it great. Am amazed at your ability to hear and reflect back and remember and use in tapping and in mp3. You are so generous with all you have learnt - you really want people to get places."  
**R. Bray, Ireland, 2009**

"Very educational, got enjoyment and cleared some blocks and opened up my heart chakra. You are very well prepared and extremely professional in delivering workshops and also make it fun. I really appreciate the depth you work at spiritually."  
**Emillie Boland, Dublin, 2008**

Great workshop - So many people I know would have loved this workshop - I got a lot out of it. I hope you run these kind of workshops again in Ireland and abroad!!  
**Kathryn, Yoga teacher, Ireland, 2008**

**Workshop Facilitator:**

Michelle Hardwick blends a number of tools including EFT, NLP, Hypnosis, Past Life Regression, Time Line, Contract breaking and Akashic-record reading with spiritual coaching in her work.

She successfully ran her own full-time clinic in New Zealand for 10 years. For the past 7 years Michelle has been travelling worldwide, working with clients, as well as teaching students the Emotional Freedom Techniques (EFT).

Michelle is proud to have received personal training by the Founder of EFT, Gary Craig [in 2003 at his home]. She continues to marvel at EFTs’ simplicity and power in helping to facilitate peace, freedom and positive change.
Her work has been featured in numerous magazines such as Woman’s Day & Healthy Options (NZ), AsiaSpa (Hong Kong), and Network-SHE (UK). Michelle’s practical techniques, along with her interactive training, are changing the lives of many people around the world.

For more details: www.michellehardwick.com

**Quote**

"Change is inevitable, but personal growth is a choice"

*Bob Proctor*