

**NEWSLETTER from Michelle Hardwick of  
Release...Peace ~ September/October 2011**

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**11-11-11 Meditation**

While I am in Kuala Lumpur, Malaysia I will be holding a special channelled guided Meditation on 11th November 2011 at 11:11am. This is a very important and significant time. More details on my site.

If you are interested in joining us in person please contact Nallini on PH: 011 1281 2968 or send email to [nallini@monikawyss.com](mailto:nallini@monikawyss.com). To join us online and attend this event virtually please contact Michelle directly and she will email you the link-up details! Alternatively go to our Facebook page and click LIKE. Then join the 11-11-11 event - and then you will receive the link up details and website as soon as we hear from you! Thank you.

Here's a great quote shared by Jo:

**Quote**

*"Some things you're not letting happen right now because the timing isn't perfect for you. Some you're not letting happen because you are very aware of where you are. But all things, as they are happening, are happening in perfect order.*

*And if you will relax and begin saying, 'Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more' that is the perfect vibrational stance"*

*Abraham*

**A Note from Michelle**

I was dreading writing this newsletter. "What was I going to say? What did I have to share this time?" It seems like so much is happening every day that it is hard to keep up! Typically it takes a day to compose; write and create a newsletter so it's ready to be published. I have started one about 7 times, but it didn't feel right. Also I felt I had 'no time in my schedule' to complete one. I do like writing the newsletter as it is an important part of my processing, however time is often a challenge for me with the schedule that I have/create and while I am on the road.

While walking back to my hotel in Singapore a few days' ago, I reflected on my 'looming' task.

Actually it was incorrect to say that I haven't enough time. I do.

It's just that I have not made the newsletter a priority. I am still using the same system to do it that I learnt a number of years ago. This needs to change and all of it needs an upgrade! [Think this will be one of my many tasks when I return home at the end of November.]

*Know that if I am not writing or have not written a newsletter for a while it means that I am processing something personally.*

### **Quote**

*"Faith is a difficult conquest  
and it requires daily combat in order to be maintained"*  
**Paul Coelho The Valkyries**

### **A Gift from Nature**

Deep in thought regarding the newsletter I took a short cut back to my hotel. I walked down an alleyway and somehow I became aware of a little bird that at first appeared motionless on the ground. Despite numerous passersby, the bird did not move. Then it repeatedly dropped its' beak into the same place. I stopped to get a closer look. (Interestingly I had/made time for this!)

From where I now stood I could see that the small bird was dipping its' head into a small crack in the pavement where a small pool of dirty water had collected. This bird was having a drink. Here was a gift from nature, a beautiful bird totally focused on its' needs. This bird had one task, was doing it with full focus and consciousness and still aware of the passersby so that it could remain safe.

I also realised I had not seen any fountains for birds to drink from in Singapore's Chinatown... I had not been focused on looking for one, so I had not seen any.

### **Being Selfish**

When we as humans focus on our own needs it sometimes upsets others and can often push 'their buttons'. When we don't do what others want us to do, we get labelled as being selfish. We often have been told that we 'should' think of everyone else first. Sometimes though we HAVE to think about our own needs and feelings, and put ourselves at the position of Number One in our lives. The result if we don't is that WE become unhappy; unhealthy; resentful and out of balance.

Here in Singapore this bird was sharing with me the lesson of 'selfishness'. Self-nurturing and being totally focused on its needs. In the heat of the day it had to drink to nourish/nurture itself, otherwise it would die.

Wonderful gifts and messages from Nature are around us all the time. We are often in our own thoughts and worries though so we don't notice/hear them. Just like that bird, I know, I can do anything I put my mind on and it's up to me to put my focus where I want it, to use my tools to achieve what is best at that time. There are bound to be other distractions (like passersby) but if I remain focused I will achieve my goals. I took heed from this Divine message. And you are now reading the result.

### **Reality Check**

I too have been so focused on work, sharing workshops, doing sessions and more recently also hosting many visitors as well as the Inner Mystery Retreat in Ireland that I did not listen to some important messages – these came in the form of information from my own body. I kept pushing my body beyond its' limits – even when I was totally exhausted.

After all that in mid-September, I went back on the road again, travelling first to Hong Kong and then to Shanghai. In both places I was delighted that I was in demand and busy. Helping clients is what I love. For me it is such a gift and a joy to share my work and tools with those who are ready/willing/able.

However, while in Shanghai, I got a surprise regarding my own health. My body was not as healthy as I thought. Some organs weren't doing very well at all - they were out of balance. I am also aware that despite what I eat I am still lacking in certain minerals. This information came as a result from three profound visits with two amazing T.C.M. doctors there (Traditional Chinese Medicine). Signs of my body changing (I thought these were minor niggles) were clearly messages from my body and there for the trained eye to see, messages that needed to be listened to.

I shared these experiences with my parents on Skype afterwards. My 78-year-old Father kindly said "well...YOU'RE not getting any younger!" Indeed. Thanks Dad for the reality check!

Some changes need to be made and I need to take heed of them NOW. I think, just like the bird I saw in Singapore, I need to put my own health and body number one on my priority list now.

Our bodies are so amazing and continually regenerate themselves despite what we do, what we feed them, how we treat them. I remember Liz MacDonald saying to me a while ago 'if someone treated me the way I treated myself I would have divorced myself a long time ago!' Funny, yet true. This wake-up call made me decide to give something BACK to my body. Since then I have been more appreciative of my body in the form of thanks and gratitude, eating good quality food that feels good to eat, eating more veggies and fruit, juices and smoothies (i.e. lighter foods), taking higher vibrational supplements (i.e. superfoods), drinking healthy energized water, AND taking time out, as well as getting more rest and sleep. And you know what –it feels great!

### **A Different Rhythm**

In my own mind I am 20. I still feel as though I am 20 (even though I am not!) I know I have crammed endless commitments into my schedule thinking I could handle it all. I have treated my body the way I did when I was 20.

So this trip, for the first time, I scheduled pauses (yes! Days off and short holidays) between countries instead of rolling the entire trip into 6-8-12 weeks. Sometimes it's hard to see at point blank range...

I way I am working with Soul Connection is changing too. I am following a different rhythm dictated by the mind, as well as the cosmic mind and super conscious while the client is in trance. Amazingly most of it gets done in the time we have. Sometimes we need more sessions, and that's fine too. I stop and allow more space for the mind and

soul to share what they need as well as what the body needs. This new style of work is so rewarding for me! Thanks for being a part of it all!

Below are some kind comments some of you have shared:

*"Thank you for all your support over the last 2 weeks and inviting me to this very special journey today. It has truly helped me though I am still 'walking on clouds'"*

*"Michelle it was wonderful to see you as always. A profound shift has happened for me over the last two weekends which feels empowering and exciting"*

*"I'd like to say thank you again. This past weekend and Tuesday night were great experiences for me and I feel so blessed to have had the opportunity to work with you!"*

*"Deep thanks for the session, Michelle. It also helped answer an unspoken question"*

*"Thank you so much for the session today. I still have such a nice sense of calm inside me. Today was one big step forward. Thank you for doing this work in the world"*

### **Being Tested - Story**

I wanted to share with you this story which appears in Paul Coelho's book *The Valkyries*. It really resonated with me and I do hope you enjoy it too:

*"A Master and his Disciple were walking together in the desert.*

*The Master was teaching his charge that he could always trust in God, since God was aware of everything. Night fell and they decided to pitch camp. The Master raised the tent and the Disciple was given the assignment of tethering the horses to a rock.*

*But, as the Disciple stood by the rock, he thought to himself: 'The Master is testing me. He said that God is aware of everything, and then asked me to tie up the horses. He wants to see whether or not I believe in God.'*

*Instead of tethering the animals, he said a long prayer, and left the fate of the horses in God's hands.*

*Next day, when they woke, the horses were gone.*

*Disappointed, the Disciple complained to the Master, saying that he no longer believed in him, since God had not taken care of everything, and had forgotten to watch over the horses.*

*'You are wrong', the Master answered. 'God wanted to take care of the horses. But in order to do so, he needed to make use of your hands to tether them to the stone.'*

We have all the tools we need within us and in our own hands. It's up to us whether we use them to our full advantage or allow our thoughts/mind-chatter/distractions/blocks/fears/judgments/shame (or whatever it is that holds us back) to prevent us from doing what we know is right or allowing our ego to talk us out of it.

### **Unhappiness & Life Purpose**

This trip saw me meeting people many of whom are unhappy in relationships, in their life, and/or their work. Some are taking the bold step and making big changes.

Congratulations to those of you who are! Well done...What courage that requires! Yet it is for the good of each of us to do it. Routine kills the soul and comforts the ego. As challenging and painful as it is (and I speak from experience) it is essential for our own growth and development.

On my travels to Rome this summer, I read this book of which I would like to share an excerpt. The book is called 'The Witch of Portobello' by Paul Coelho.

"I was unhappy as a biologist, because my dream was to make rigid metal take on soft shapes.

*The Master asked me 'If you weren't a biologist, what would you be?'*

'A blacksmith, but they don't earn enough money' I answered.

*'Well, when you grow tired of being what you're not, go and have fun and celebrate life, hammering metal into shape. In time you'll discover that it will give you more pleasure, it will give you meaning. Start doing what you want to do and everything else will be revealed to you. Believe that God is the Mother and looks after her children and never lets anything bad happen to them.'*

I did that and I survived. I discovered that there were other people who did the same but who are considered to be mad, irresponsible, and superstitious.

Hard though it was, one evening I told my family that, although I had everything a man could dream of having I was unhappy, and that I had, in fact, been born to be a blacksmith. My wife protested, saying: *'You were born a gypsy and had to face endless humiliations to get where you are, and yet you want to go back?'*

My son, however, was thrilled, because he too liked to watch the blacksmiths in our village and hated the laboratories in the big cities.

I started dividing my time between biological research and working as a blacksmith's apprentice. I was always tired, but I was much happier. One day I left my job and set up my own blacksmith's business, which went completely wrong from the start. Just when I was starting to believe in life, things got markedly worse. One day I was working away and I saw that there before me was a symbol.

The unworked steel arrives in my workshop and I have to transform it into parts for cars, agricultural machinery and kitchen utensils. Do you know how that's done?

First I heat the metal until it is red-hot, then I beat it mercilessly with my heaviest hammer until the metal takes on the form I need. Then I plunge it into a bucket of cold water and the whole workshop is filled with the roar of steam as the metal sizzles and crackles in response to the sudden change in temperature. I have to keep repeating the process until the object I'm making is perfect: once is not enough.

Sometimes the steel I get, simply can't withstand such treatment. The heat, the hammer blows, the cold water cause it to crack. And I know that I'll never be able to make it into a good ploughshare or an engine shaft. Then I throw it on the pile of scrap metal at the entrance of my forge.

I know that God is putting me through the fire of afflictions. I've accepted the blows that life has dealt me, and sometimes I feel as cold and indifferent as the water that inflicts such pain on the steel. But my one prayer is this:

***"Please, God, my Mother, don't give up until I've taken on the shape that you wish for me. Do this by whatever means you think best, for as long as you like, but never ever throw me on the scrap heap of souls."***

Coelho asks

- "Are you happy doing what you are doing?"
- "And that's enough?"

He shares, there are two traditions, one that makes us repeat the same thing for centuries at a time, and another that opens the door unto the unknown.

The second tradition is difficult, uncomfortable, and dangerous, and if it attracted too many followers, it would end up destroying the society which, took so long to build.

He says we are afraid of taking those steps that are not on the map. But by taking those steps despite our fears, we have a much more interesting life.

### **Quote**

*"Fear doesn't help anything.  
Compassion creates quantum energy.  
Fear creates darkness"  
Kryon – Channelled by Lee Carroll*

## **Forthcoming Training**

### **Kuala Lumpur, Malaysia**

1. KL, Malaysia - Guided Meditation - 11th November 2011 at 11am. More specific details on my site. Michelle will be hosted this time by Monika Weiss and her team. Please call Nallini 011 1281 2968 or send email to [nallini@monikawyss.com](mailto:nallini@monikawyss.com) for more details. If you are interested in joining us online for this event and would like more details please contact Michelle directly and she will email you the link-up details! Alternatively go to our Facebook page and click LIKE <http://www.facebook.com/ReleasePeace> - Then join the 11-11-11 event - and then you will receive the link up details and website as soon as we hear from you! Thank you!
2. KL, Malaysia - Free talk - 7pm-8.30pm Friday 11th November. Please call Nallini 011 1281 2968 or send email to [nallini@monikawyss.com](mailto:nallini@monikawyss.com) for more details.
3. KL, Malaysia - Soul Connection Level 1 Workshop - Journey to Atlantis. Saturday 12th November 11am-3pm. Please call Nallini 011 1281 2968 or send email to [nallini@monikawyss.com](mailto:nallini@monikawyss.com) for more details.

4. KL, Malaysia - Soul Connection Level 2 Workshop – Reclaiming your gifts and talents from Egypt. Sunday 13th November 11am-3pm. Please call Nallini 011 1281 2968 or send email to [nallini@monikawyss.com](mailto:nallini@monikawyss.com) for more details.
5. KL, Malaysia - 14-16th November. Personal Soul Connection consultations. Please bring a litre of bottled water with you into the session, to assist your integration. Please call Nallini 011 1281 2968 or send email to [nallini@monikawyss.com](mailto:nallini@monikawyss.com) for more details! Thanks.

#### **Quote**

*"Ignore the fears & protests and stay anchored in your heart-centre...neutral to chaos and while maintaining a sense of trust in the overall plan.*

*Switch your focus to the undeniable feelings of optimism rising within you instead. These feelings that are emerging are a true indication of what is around the next bend... not what it appears to be, but what it feels to be."*

*Seven Sisters*

#### **Penang, Malaysia**

1. Penang, Malaysia - 18th - 23rd November. Personal Soul Connection consultations. More details [click here](#). Please bring a litre of bottled water with you into the session, to assist your integration. Please feel free to contact Lifeworks, Penang, Malaysia for more details
2. Penang, Malaysia - Saturday 19th November 11am-3pm Soul Connection Level 1 Workshop - Journey to Atlantis. Please free to contact Lifeworks, Penang, Malaysia for more details
3. Penang, Malaysia - Soul Connection Level 2 Workshop – Reclaiming your gifts and talents from Egypt. Depending on numbers to be held on 22 November. To be confirmed.

#### **Kuala Lumpur, Malaysia 25th-27th November**

1. KL, Malaysia - 25-27th November. Personal Soul Connection consultations. More details [click here](#). Please bring a litre of bottled water with you into the session, to assist your integration. Please feel free to contact Simone or Edwin at Lightworks Malaysia for more details and for booking
2. KL, Malaysia - Saturday 25th November 11am-3pm - Soul Connection Level 3 – Connecting to Lemuria and your Future Self. Please free to contact Simone or Edwin at Lightworks Malaysia for more details and for bookings.

#### **Sandvika, Norway - December 2011**

1. Sandvika, Oslo - Norway. New style EFT Level 2 Training over 3 days on 9th-11th December 2011.

Then I will be going home to Ireland for a rest, to see my friends, loved ones and go to Wales to see my family for Christmas and then decide on what's the best plan for me for 2012 - working in and with this different rhythm.

## Resources

1. 11-11-11 meditation in Malaysia – go to <http://www.facebook.com/ReleasePeace> for more details, click like and we will send you link up details.
2. Hypnotherapeutic Recordings – Future Life Progression – some of you have asked me for an mp3 recording for the future life progression, so that you can connect with your future self, gain wisdom from him/her and get guidance about where you should be heading next. This has proved very popular and helpful in the workshops I have been running in and around Asia. Contact Michelle for more details.
3. Even though Michelle is travelling Skype and Phone consultations are always available.
4. I am still offering the maintenance programme as well as supervision too. Here's what one person said recently:

*"Thanks for your great advice! I have not told you about the result for the girl I worked with OCD and EFT. I did only 3 hours with great results!!! She is using EFT herself and is now going to school"*

**A., Norway**

## Changes in Fees

It has been a very long time since I raised my rates (in fact I discovered that in the past 8 years I have only raised them 2x!). For your information, this coming January 2012 I will be raising my fees. The prices of the workshops and maintenance programme will also increase. Those of you who have set up the maintenance programme up until 31 December will still be on the rates you agreed. Thank you for understanding.

## More fans needed!

Please like and follow us on **Facebook** -<http://www.facebook.com/ReleasePeace>  
on **LinkedIn** <http://uk.linkedin.com/in/releasepeace>  
on **Twitter** - <http://twitter.com/releasepeace>

*Warm regards everyone from Thailand, bye for now*

Michelle A. Hardwick  
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Time line & NLP Practitioner

## Release...Peace

[www.michellehardwick.com](http://www.michellehardwick.com)