



Reiki Inspirations

'Treating you as a WHOLE person'

Maria Lacey's Monthly Newsletter – April 2006

www.reikiinspirations.com.au

Welcome everyone to my first newsletter...

It is with much pleasure and excitement that I bring this newsletter to you as my way of sharing topics of interest, hints and tips, book reviews, workshops etc. I am looking forward to this newsletter evolving and I encourage you to email me your feedback and suggestions so that together we can continue to grow, inspire and share with likeminded people.

Are you allowing a situation around you to AFFECT you, or INFECT you?

Interesting concept? Am I feeling affected or am I feeling infected? Hmmm what do you think would be best for your health and wellbeing?

In the thesaurus is the following information:

AFFECT:

Verb – Definition: influence

Synonyms: act on, alter, change, disturb, impinge, impress, induce, influence, inspire, interest, involve, modify, move, overcome, perturb, prevail, regard, relate, stir, sway, touch, transform, and upset.

INFECT:

Verb – Definition: contaminate

Synonyms: blight, corrupt, defile, disease, influence, poison, pollute, spoil, spread among, spread to, taint, touch, vitiate.

For many of us, we do allow our situations within work, family, relationships etc to infect our very core, which can create an adverse effect within and around us.

A Tip - next time there is a situation around you:

- Sit quietly and alone in a comfortable position. Closing your eyes and taking a nice deep breath, hold it for a second or two then blow it out imagining your whole body relaxing. You may wish to do this several times.
- Then ask your body, 'Am I allowing myself to be **infected** by ...(be specific)?'
- Wait and feel a response within your body.
- If **YES**, You may feel a tightening around your shoulders, possibly a pain in your stomach or another part of your body.
- If **NO** your body will feel relaxed or have no change in feeling.
- Give yourself permission to know that you have a choice either to be affected or infected! Then empower yourself to choose! ☺

BOOK REVIEW:

I would like to include a small 50 to 100-word book review each month and welcome your feedback and participation. So if you have read a book of late that you feel others may benefit from, please email me and I will endeavour to place your review in the next newsletter. Noting that there will only be one review per month, so please be patient if your review does not appear immediately.

The Life You Were Born To Live (A guide to finding your life purpose)

by Dan Millman

A friend who thought that I would enjoy it loaned this book to me. She was right. It relates to your birth number i.e. 15-04-1964 = 30 (3+0) = 3. It helps you to understand your past, clarify your present thus empowering your future. I have shared this book with several of my students to find that they nodded their heads knowingly. What I like about this book is that it is easy to read, has plenty of explanations and offers you guidelines and recommendations.

Reviewed by Maria Lacey

APRIL & MAY WORKSHOPS

29th & 30th April – Reiki Level 2 Certificate Course

20th & 21st May – Reiki Level 1 Certificate Course

For further information on these workshops, how to book in and other workshops please go to www.reikiinspirations.com.au

Thank you for the opportunity to share with you and I trust that you have enjoyed this newsletter.

Please feel free to share this with any of your friends and I look forward to your feedback and presenting you my next Newsletter in May.

Keep happy and smiling, Maria

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"Being You, is knowing yourself and seeking your own Truth"

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