



# Reiki Inspirations

*'Treating you as a WHOLE person'*  
Maria Lacey's Newsletter – July 2007

[www.reikiinspirations.com.au](http://www.reikiinspirations.com.au)

ABN NO. 50 362 260 939

## Welcome Everyone,

School holidays are upon us and the roads seem much quieter. For those mums or dads who are at home with their children I trust that you are enjoying the break of routine and are staying in your jammies till midday (secretly that's what I used to love to do). The rains seem to have come in some areas and we are enjoying the colours of greenery around us once again. For those who have been affected by the floods I send you my heartfelt thoughts.

Thank you also to those of you who have sent me feedback about my newsletters it is very much appreciated and I trust that something within this newsletter will resonate with you in the spirit of sharing and growth ☺

## Quote for today...

*'The best way to prepare for life is to begin to live.'* By Elbert Hubbard

## CAN WE EMOTIONALLY SIMPLIFY OUR LIVES?

How many times do we complicate our lives far greater than necessary? How many times do we carry the burden of stress in our bodies? How often do we awake in the middle of the night to find our heart racing, our body sweating and our mind in overload? How often do we notice that we are reactive rather than responsive? How many times a day do we notice that we don't make time to take a breath?

Many times throughout life and throughout our daily schedules we find ourselves being swept away within the current often not of our own doing but through circumstances within work, family, friendships and relationships. So how do we become the 'eye of the storm' a place where it is quiet and calm so that we may see clearly where we end and others begin? We often chastise ourselves that we SHOULD do better, be better or act better. We sometimes forget that we do not live alone on the top of a beautiful mountain and *we do live within a community* with many different variables. So how do we simplify our lives to adjust to the currents flowing around us and often within us? Let's look at some simple strategies that may be helpful:

1. STOP! Breathe and take yourself away from your situation. Find a neutral place; it could be in your favourite room, outside in the garden, a local park, your car or even the toilet!
2. Write down your thoughts in a book/journal or on a scrappy piece of paper, empty them onto the page so that you may clear your mind and lighten your shoulders or wherever your body stores the burden of your worries. Breathe out the stress....
3. Challenge your thoughts! Why do I feel this way? Is this mine to carry? Is this my responsibility? Can I change anything?
4. Ask yourself the question, "does this make me happy?" if so, then take a step forward. Let fear take a back seat. This is called going with your 'gut' your intuition.

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5. If it 'doesn't make you happy', then stop, don't do it, take a break. Let your feelings be your barometer, and listen to them.
6. Keep it simple and try not to analyse so much ☺
7. Remind yourself that '*experience is the teacher*'; therefore realistically there is no right or wrong, nor shame or failure, how else are you to gain wisdom and knowledge along your journey if it were not for your own personal life experiences?
8. Free yourself emotionally, and allow yourself to experience life and all that it has to offer you. Remember it is okay to make mistakes!

**A little story.** There was once a young woman who through the trauma in her life felt the need to control her emotions and her environment so that she could feel safe. One day a big bad wolf came along and manipulated her into moving from her home (the place that represented her safety). She really hadn't realised how much this was so until she moved and then almost lost everything. You see she thought that she had set herself emotionally free many years ago and it wasn't until this big bad wolf came into her life that showed her that she hadn't. Yes what he did was not right, but what she gained and learnt about herself was priceless. She could have spent the rest of her life focusing on her loss and never really gained. But she had the courage to heal and accept this as part of her journey and growth and move forward with what she had learnt, so that one day she may share this story with others. *The morale of the story is*, to live, to love, to be loved and to keep one's heart open and breathe in the 'bliss' and 'abundance' that living has to offer.

Why? Because YOU DESERVE IT!

**BOOK REVIEW: The Power of Now by Eckhart Tolle**

This book is truly amazing. It changed my life in such a profound way that it has become like my 'bible' - a book that can be read time and time again and still continue to learn from it. Eckhart Tolle brilliantly writes about the mind and how powerful we are - yet we are not our mind! It is this very thought 'that we are not our mind', that actually frees us from it. He talks about becoming 'The Watcher' of all our thoughts and just watch them float by without judgement. Out of this arises a beautiful realization from beyond the mind a sense of your own magnificent presence. This presence then creates the book which is all about how to live more fully in the present moment, because there is nothing else. When you become 'the watcher', suddenly there is a powerful moment where we realize we can create no more pain in the present. To access our deepest self our true self frees us from the thoughts of the mind that no longer serve us in the present. By doing this, we are then able to live purely in the now, the present. This is the gift because suddenly life is experienced and felt without being 'of the mind'. It is in this space where we can feel the joy of just being. A wonderful book not only read but to be put into practise. Enjoy!

**Reviewed and written by Kathryn James**

**2007 WORKSHOPS & COURSES**

**For more information go to - [http://www.reikiinspirations.com.au/classes\\_\\_workshops](http://www.reikiinspirations.com.au/classes__workshops)**

**14<sup>th</sup> July – SoulCollage® Workshop - Saturday – 10am to 5pm**

**28<sup>th</sup> & 29<sup>th</sup> July – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm**

**17<sup>th</sup> July to 18<sup>th</sup> September – Term 3 – Tuesday morning **Spiritual Development Class****

**19<sup>th</sup> July to 20<sup>th</sup> September – Term 3 – Thursday evening **Meditation Class****

**20<sup>th</sup> July to 21<sup>st</sup> September – Term 3 – Friday morning **Meditation Class****

**25<sup>th</sup> & 26<sup>th</sup> August – Reiki Level 2 Certificate Course – Saturday & Sunday – 10am to 4pm**

**29<sup>th</sup> August to 4<sup>th</sup> October – Women Nurturing Women – Personal Development - 6 wk Course**

**15<sup>th</sup> & 16<sup>th</sup> September – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm**

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**5<sup>th</sup> October** – **Psychic Art Drawing & Reading** – Friday - appointments from 10am

***Please note:** As at 1<sup>st</sup> Jan 2008 the Reiki Level 2 certificate course will increase to \$350. I have chosen to give plenty of notice so that those who have been considering doing their Level 2 will have the option to do it at the existing rate this year. For future dates please visit my website. This is the first price increase in 5 years.*

For some time now I have been requested to give **‘personal readings’** by my clients, students and those that have been referred to me. With much thought and contemplation (and some prompting from my guidance) I have come to realise I can also assist people to heal through my readings and insight. So therefore with the grace of spirit I have decided to open to giving personal readings for those who request it from me. The reading will be for one hour and the cost is \$60, I am a psychic medium. If you, or anyone you know is interested, please call me to make an appointment.

For further information including testimonials and my ‘specials’ please go to [www.reikiinspirations.com.au](http://www.reikiinspirations.com.au) (would love your feedback) or phone 9727 2581.

**Please feel free to share this with any of your friends and I look forward to your feedback and presenting you my next Newsletter. Many blessings, Maria**

*Your thoughts:*

*1/6/07- Thanks for the reminder about ‘boundaries’ needed that. KL*

*30/5/07 - Thank you Maria, I loved reading your newsletters. So much that I know a few friends that would also benefit. LJ*



Enjoy and just BE.....

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