



# **Reiki Inspirations**

*'Treating you as a WHOLE person'*  
Maria Lacey's Newsletter – September 2007  
[www.reikiinspirations.com.au](http://www.reikiinspirations.com.au)  
ABN NO. 50 362 260 939

## **Welcome Everyone,**

The other day I was asked if I was planning on running another Psychic Art Workshop this year, and as I looked at my diary I was shocked to see how close Christmas is! It never ceases to amaze me how quickly the time passes. The question did prompt me, to take a review of this year and I was encouraged overall to see that I have had a very fulfilling year so far. I trust you too can look at your achievements in all areas of your life and feel as encouraged as I did.

Once again thank you to those of you who have sent me feedback about the content of my newsletters it is very much appreciated and I am always inspired by the wonderful sense of community that we create around us and thank you for allowing me to be apart of yours. ☺

Now please enjoy my newsletter in the spirit of sharing and growth.

## **Quote for today...**

*'The inner self has infinite inspiration, open your heart and see.'* By Maria Lacey

## **'SIGNS' – Coffee and Cheesecake**

Recently I attended the CARO conference (Council of Australian Reiki Organisations) held in Mount Eliza, a beautiful location and a fabulous opportunity to meet with other like-minded people. During this time I met many wonderful professionals in this field as well as enjoyed much laughter and friendship. On the last day, Darriel said to me, "Make sure you go and have a coffee and cheesecake this week." Now at the time I am not certain whether I had told Darriel that cheesecake was my favourite dessert, but I laughed and said, "Why?" He said, "because you work hard and you deserve it!" I remember smiling and then saying goodbye to him and the many others that I connected with over the weekend and then made my way home.

On the Monday I had planned to work in the morning in my private practice and then have the afternoon off before running a class that evening. I knew that I had much bookwork (including writing this newsletter) to do but for some reason kept thinking about the 'coffee and cheesecake'. It was a beautiful day on Monday and so I decided to head off up through Silvan, pick up some fresh flowers from the growers then onto Monbulk and catch up with friends of mine who have commenced a business in the main street. Well I picked up some beautiful flowers, and drove down the main street in Monbulk to find there was no parking places. It seemed a little odd to me as it was only Monday and I couldn't believe that it was so busy. So I drove back and half way up the main street saw Alan crossing the road and entering his shop (Main Framers). For some reason that seemed to satisfy the visit and so I decided to cut across the mountain and go to Olinda for a 'coffee and cheesecake'. As soon as I drove into Olinda, I immediately found a park exactly where

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**Maria Lacey**

MACA (Qualified) MARC Tel: 03 9727 2581 Mob: 0403 126 435  
Reiki Master Teacher Qualified Counsellor Meditation Teacher

I wanted it. Hooray! This was meant to be. I parked, jumped out of my car and then chose to stroll along the main street, popping into stores and browsing. I stopped in front of a wine bar and thought maybe they would have coffee but then decided that they probably wouldn't have cheesecake (smiling). So turned around and decided to go to The Ivy across the road. As I was about to step off the path onto the road, I felt a warm breeze past my left shoulder and turned to my left to see a place called the Pie Stop. I looked and thought, okay, maybe they will have coffee and cheesecake and I haven't been there before so I may as well take a look. I walked up the stairs and through the door to see on my right a beautiful cabinet with a big cheesecake inside it. Smiling to myself I went over and a lovely woman served me and I ordered my coffee and cheesecake. Then I took a seat at a table just nearby as the next level up seemed quiet busy and I just wanted some 'me' time. As I was sitting there now waiting, I realised that I didn't really feel like cheesecake and wondered why I chose to especially look for it let alone buy it!! As this was taking place in my head I suddenly looked up to see someone that I love very much, whom I haven't seen for a while come walking down the stairs. She was as surprised as I was, and had only been working there for two weeks and was on an on-call basis. Well, now I knew what was meant by the 'coffee and cheesecake'. Thank you to Darriel who was the messenger and most probably had no idea of the journey I was to embark on.

Now, I could have ignored the message from Darriel and then ignored the 'signs' such as the full car parks in Monbulk and decided to be headstrong and continue up and down the street until I found a space. Or even decided to guilt myself into writing my newsletter and not allow myself some time to adventure in the first place. I did choose on this day, just to flow with the breeze and enjoy the afternoon and I believe that I was rewarded for this intent. I can honestly say how thankful and grateful for this meeting with this person and I am glad to say since that day, we have met several times and interestingly enough the next time was as magical a journey and surprise as the first.

Through the vibration of this experience it assisted me to 'remember' the many times these chance meetings with someone or noticing different elements such as birds, books, flowers or the such have entered my life in an instant to answer a question, give me the feeling of 'hope' or show me the way. I would love to hear your stories about synchronicity and through my story ask that you also 'remember' and bring in that vibration so that you continue to flow in harmony and be in alignment with your true heart's desires. I can speak from experience to say, "It feels great!" ☺

### **BOOK REVIEW: The I AM Discourses - Godfrey Ray King**

This book is the third instalment in the Saint Germain series and has had a profound impact on my life and how I viewed it. It is written by Godfrey Ray King but also has channelled instruction from the Ascended Master, Saint Germain. Saint Germain is involved with the process of transmutation and works through the Violet Ray.

The purpose of this book is to empower an individual and bring about a conscious awareness of their divinity (god essence), and through affirmations, teaches the individual to use their energy in a beneficial way. This book is amazing and I would recommend it to anyone who wishes to learn more about themselves.

**Reviewed & written by Sarah Bennett-MacFadyen**

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## 2007 WORKSHOPS & COURSES

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

**15<sup>th</sup> & 16<sup>th</sup> September** – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm  
**5<sup>th</sup> October** – **Psychic Art Drawing & Reading** – Friday - appointments from 10am to 1pm  
**8<sup>th</sup> October to 10<sup>th</sup> December** – Term 4 – Monday evening **Spiritual Development** Class  
**9<sup>th</sup> October to 11<sup>th</sup> December** – Term 4 – Tuesday morning **Spiritual Development** Class  
**11<sup>th</sup> October to 13<sup>th</sup> December** – Term 4 – Thursday evening **Meditation** Class  
**12<sup>th</sup> October to 14<sup>th</sup> December** – Term 4 – Friday morning **Meditation** Class  
**13<sup>th</sup> & 14<sup>th</sup> October** – **Reiki Level 2** Certificate Course –Saturday & Sunday – 10am to 4pm

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 ‘**spring specials**’ please go to [www.reikiinspirations.com.au](http://www.reikiinspirations.com.au) 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:

*6/7/07 - Hi Maria, Many thanks for the newsletter, have read it and your comments ring so true as to where I'm at right now. Will take on board the advice given (even though I should know by now!!) KH*

*6/7/07 - Maria, I always look forward to your newsletters. I feel as though I am still connected to you and all the inspiration you radiate! It's as though we are all on the same journey DE*



**Nature is full of life, with much beauty, let it speak to you!**

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