



Reiki Inspirations

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

www.reikiinspirations.com.au

ABN NO. 50 362 260 939

Welcome Everyone,

Each time I have the opportunity to share with you, I realise that my life and the canvas that is created to represent my journey, can be the greatest gift in my being the student and teacher in ONE.

I would especially like to thank those of you who replied to my last newsletter with the story about 'coffee and cheesecake.' There were over thirty emails with personal inspiring stories written about signs and synchronicities in your lives. THANK YOU ☺ It is through your response that continues to inspire me to share with you in the spirit of friendship and growth. As Doris recently wrote, *"It's as though we are all on the same journey."*

Quote for today...

'As we learn to flow and accept the unexpected, it ENABLES rather than disables our lives' Maria Lacey

'HOT FLUSHES' (FLASHES) get me out of here!!!!

It is Sunday, a day I usually put aside for relaxing and reading the Sunday paper as I eat breakfast in my jammies. Love having a late shower, then onto catching up with friends and family. My day started at 6.30am, feeling really good ☺ got up put some washing on, fed the animals enjoyed some breakfast and then enthusiastically began cleaning my house. Now I know that I said rest and relaxation and surprisingly enough the result of seeing my house clean is restful, there has to be others like me out there. Finished! I pause, "Aahh it smells good and looks great, so time to treat myself". Jump into the shower, dress and now ready to enjoy the rest of my day.

When you work from home it is a breath of fresh air to go and have a coffee or lunch somewhere just to enjoy some different scenery and recharge. Now looking and feeling good I decided to pop into Chirnside Park shopping centre. Normally I wouldn't consider a shopping centre a place to recharge but today I was looking forward to a gluten free muffin, sitting and reading the Sunday paper and just relaxing. Mind you, I also needed to check my mailbox and pick up some supermarket items. Typical me, I love to organise my time, doing a number of things and ensuring that I don't have to go back too often (especially to the supermarket!!!!).

Having parked, grabbed my mail and newspaper, ordered my skinny latte and muffin and sat down to relax and read. Now half way through my muffin and enjoying my cuppa I look up from reading my paper and BANG!! Oh no... I feel a whoosh of energy flow up the top half of my torso, I am certain that my chest & neck are bright red, and now my face is on fire. Oh my... I'm sweating.... if only I could tear the top half of my clothes off!!! Not wearing something nice under my top, fortunately I think for a second, and realise it is not an option! Okay, as I talk to myself in my head (recalling with a smile) "I won't drink any more hot coffee and just enjoy my muffin. Take another

Maria Lacey

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

bite Maria it's not as bad as you think." So I take a bite of my muffin but now I am feeling beads of sweat coming down my face, in-between my breasts and my underarms feel soaked. "Oh good Maria" I think to myself, "This is just great! Okay now, breathe, but breathing is not helping me feel less hot! Alright, let us slowly get up and head for the door.....its okay, no one will notice you..... once outside and in some fresh air, you'll be fine."

So I pack up my things sadly looking at the barely drunk coffee and half eaten muffin. I say to myself, "it doesn't matter, you didn't need it anyway". Don't we justify beautifully? I'm on my way through the shopping centre thinking "I hope that no one is noticing". All the time feeling quiet exposed and vulnerable, I decide to be 'cool' and stop by to look at a rack of clothes as I blow out breath up my face to cool myself down.

As I am starting to feel a little better I glance to my side to see this mature age lady sitting on a nearby bench smiling at me. You know with that 'knowing' smile. I whisper, "*menopause*" she smiles and says. "Yes I know dear, been there and done that." All of a sudden the body now screams out, "THANK YOU, someone understands me" and then responds with an almighty hot flush just to confirm! Oh no, the conscious mind and ego go, "too much, get me out of here". I quickly nod to the lady and with as much dignity as I can muster. I race towards the double doors trusting that they will open quickly and allow me to GET OUT!!!! Still not happy until I am safely in my car, I then, wind down the windows, put on the air, feel the breeze on my face and laugh.... oh do I laugh. Why do I laugh so much? Because my experience flashes in front of me and all of a sudden it looks quiet comical! ☺

Now some of you are thinking, "thank goodness I am not anywhere near menopause" or "I'm a man I don't get menopause." There is a beautiful play on words MEN O PAUSE. "hmmm I wonder whether that means anything?" Well I'm only forty-six years old and oops "Shhhhhh don't tell anyone....Now why did I tell you that?" Just trying to justify that I am still young and of course too young to be going through this experience. ☺

I could say, the physical symptoms, then the fear, into embarrassment, then feeling completely vulnerable could also be very similar to having a panic or anxiety attack. Trust me, I know the very physical hormonal rush, did create for a time a feeling of panic! Then later that afternoon I was recalling my experience with some humour to a mixed group of men and women, when this kindly man looked at me and said, "It's only a power surge", then gave me a yellow rose. I felt strong and feminine and this time my body did not choose to respond with a sudden 'power surge'. 💡

BOOK REVIEW – THE 'IT' SERIES BY Bev Aisbett

When Maria handed me the series on Surviving Panic Attacks I wasn't sure what to expect. For one I wasn't sure if I was a sufferer and two I wasn't much of a reader. So with eyes wide open I persevered and to my surprise I started reading the first book "LIVING WITH IT" and I couldn't put it down and also couldn't wait to start the second in this three book series. Without reading this series I may have never worked out that what I suffered on a daily basis were actually panic attacks.

Each book is set out in a comic type format, so easy and a joy to read. It took me through what causes the "IT" (panic attacks) and the best part about the books were they challenged my belief systems. How I see myself, others, negative thoughts and also learning to come to terms with "IT". So I can get on with enjoying the path I am on - minus the confusing negative self talk and constant struggle for perfection that I was literally making myself sick to achieve. And what was I thinking the ideal way was anyway?

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MACA (Qualified) MARC Tel: 03 9727 2581 Mob: 0403 126 435
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The books are a step by step guide, in a funny easy to read format that I have read again and again. It is like a guided counselling session in a book. Every page hit a spot for me that I could relate to and the best bit is the writer Bev Aisbett is a cartoonist by trade and she was inspired to write this series because she suffered panic attacks herself for many years. She understands how life altering and debilitating and alone you can feel. At no point did I feel I was being preached to or someone else's opinion or studies rammed down my throat. I like the feeling of being guided every step of the way from discovering what "IT" is - to challenging the thinking behind what I am feeling and right down to how to recover and even what to do when a relapse does occur.

I would and have recommended the "IT" series to anyone and everyone who is suffering any kind of anxiety, panic, low self confidence etc. This book would even be immensely helpful for partners/friends of sufferers. I thank Maria so much for guiding me to these wonderful resources and sharing them with me and to anyone thinking of reading them, don't hesitate you will feel so much clearer. **Reviewed by Kristy**

[2007 WORKSHOPS & COURSES](#)

For more information go to - http://www.reikiinspirations.com.au/classes__workshops

1st & 2nd December – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm

There will be a number of one day workshops, weekend and weekly courses that will run in the New Year and I will notify you with a newsletter in December.

For further information including testimonials and my '**spring/summer specials**' please go to 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:

31/8/07 - I just read your 'Coffee & Cheesecake' story and wanted to let you know how much I loved it!!! I have had similar things happen. KM

30/8/07 - Hi Maria read your newsletter, many thanks for your inspiration – keep em coming. KH

30/8/07 – What an awesome newsletter! Funnily, coffee and cheesecake is what my best friend (who is also a Reiki Master, psychic medium and healer) and I do every time we see each other! RB

30/8/07 - The coffee and cheesecake tale now gives us all the inspiration to do whatever we like, whenever we like – thanks!!! GT

30/8/07 - Thank you for the newsletter. It makes for very interesting and inspiring reading especially regarding the "signs" which we don't always see clearly however are around us if we go with the flow!! YV

Embrace who you are and believe in who you can become! You are POWERFUL (even without power surges) so reach for the rainbow and feel the lightness in your heart and the willingness of your spirit to soar above the clouds. 🌹

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