



# Reiki Inspirations

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

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

ABN NO. 50 362 260 939

## **MERRY CHRISTMAS TO YOU & YOUR FAMILIES,**

*I wish to say a very heartfelt 'Thank you' for your support over the past 12 months. May your Christmas be special in all ways and may 2008 spill over with happiness, for through this energy all else becomes possible.*

November has been a life changing time for me as a number of you are aware I had the pleasure of travelling to Nepal, India, Sikkim and Bhutan. I can tell you that it was the most challenging time, stretching me through a number of my comfort zones as well as the most exhilarating spiritual, emotional and physical journey I have ever experienced. Last month when I wrote *'As we learn to flow and accept the unexpected, it ENABLES rather than disables our lives'* I didn't realise that I was soon to experience a number of unexpected events and have to honestly say that I am still in awe of the gems that shone through. I will share more of my stories and pictures with you in my blog on my website. I will add to it as the weeks go on, just go to [http://www.reikiinspirations.com.au/marias\\_blog](http://www.reikiinspirations.com.au/marias_blog) and keep checking for updates. ☺

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

*'Faith goes up the stairs that love has made and looks out of the windows which hope has opened'* Charles H. Spurgeon

## **'CHRISTMAS SPIRIT'**

This time of year can catch up on us very quickly to find that we have less patience, feel fragmented, stressed physically as well as emotionally and most importantly of all we can be stretched for time. Our environment at work and at home can seem chaotic and the people around us may appear unsupportive and insensitive to our needs. Even if you absolutely love Christmas (which I do) or don't celebrate it at all - it is hard not to be affected!!

For some there can be times that you could pull your hair out and scream as the relationships and planning toward a happy family Christmas start to break down due to priorities of your immediate family, friends, and in-laws or outlaws.☺ For others who have lost loved ones, loved ones are unwell, or you are spending Christmas day on your own, you could be struggling with the feelings of grief, loss and isolation. Along the way, you know within yourself that Christmas is about the 'spirit' of sharing, caring and the joy of celebration. Yet there seems to be a loose wire that disconnects you from your inner self, that balanced and knowing part of you that knows love, compassion, generosity, celebration and happiness. You know it, yet you just can't seem to re-attach it! Your body is aching for you to STOP and BREATHE and to get that soldering iron out and ensure that the wire is complete and the loving energy can flow effortlessly throughout you once again.

So why do we put so much pressure on ourselves whether that be emotional, physical or financial? Why can some of us feel so lost and experience so much sadness and loss due to not being with a

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loved one? How can we reconnect to the 'spirit of Christmas'? Below I have some ideas and 'in the spirit' I willingly share these with you in the hope that they may brighten the light that always surrounds you:

1. Breathe which of course is most important, sit down with a pen and paper or a trusted mate and get everything into perspective. Sometimes when we open to communicate we take the pressure off the mind and body to enable us to see!
2. Look after yourself and take time out whether it is a couple of hours to walk in the park, a yoga class, or receive a massage, reiki or some other indulgence. Whilst in this experience allow yourself to let go of stress and breathe in the recharging energy of nature or think about all of the people and animals that support and comfort you and allow this vibration to penetrate into your core.
3. Know that when you feel reconnected the very things that upset you will now seem less important. So have tolerance and patience with those around you and share the brightness of your spirit with them and empower them to reconnect ☺ and along the way ensure that you check-in and recharge and rebalance yourself regularly.
4. If you have lost a loved one, you and your family could write individually on a piece of paper one of your happiest memories with that person, describing it in detail and then placing it in a beautiful gift box. At your family Christmas get-together you could place your gift boxes in a basket under the Christmas tree and during the day sit around together and one by one place your hand in the basket, pull out a gift box and read what has been written to the rest of your family. There you can share your happy memories and tears in honour of your loved one whilst supporting each other.
5. For those of you who are on your own at Christmas or for a large part of Christmas day, you could do what I have done for many years and that is say 'yes' to invites from friends or you could instead treat yourself to some good food, a fun video and sit and enjoy your time out in your home/sanctuary! Or you can join us for Christmas day in the Park and make some new friends and create a new tradition and feel the essence and spirit of new friendships and celebration!

## **CHRISTMAS LUNCH IN THE PARK!!**

If you are alone for Christmas this year and you would like to be with others, we invite you to join with us for '**Christmas lunch in the Park**' on **Christmas Day!!**

**Where: BJ Hubbard Reserve, North Ringwood**

**Time: 12 midday**

**What to bring:** Folding chair/blanket/something to sit on. Something to share for lunch... it can be anything and if we all end up eating only lollies?? Well who cares!! Drinks. Picnic things like plates, knives, forks, glasses etc. There is a lovely reserve which we can take a walk so bring along or wear some comfortable shoes.

**Kris Kringle:** Please bring along a gift up to \$10.

For further details including a map please email or phone me on 9727 2581 or 0403 126 435 or Robyn on 0425 726 246. Please extend this invitation to others that you know of that could possibly enjoy meeting new friends and sharing in this day of celebration and friendship.



**Let's join together in friendship.....**

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## 2008 WORKSHOPS & COURSES

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

**19<sup>th</sup> & 20<sup>th</sup> January** – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm  
**16<sup>th</sup> & 17<sup>th</sup> February** – Reiki Level 2 Certificate Course – Saturday & Sunday – 10am to 4pm  
**15<sup>th</sup> January to 19<sup>th</sup> February** – Women Nurturing Women 6 wk Personal Growth Course  
**31<sup>st</sup> January to 20<sup>th</sup> March** – Meditation Thursday evening 7.30pm to 8.30pm  
**1<sup>st</sup> February to 14<sup>th</sup> March** – Meditation Friday morning - 9.30am to 10.30am (**class full**)  
**4<sup>th</sup> February to 17<sup>th</sup> March** – Spiritual Development Monday evening - 7.30pm to 9.30pm  
**29<sup>th</sup> January to 18<sup>th</sup> March** – Spiritual Development Tuesday morning - 9.30am to 11.30am

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 an update email in January.

For further information including testimonials and my 'summer specials' please go to [www.reikiinspirations.com.au](http://www.reikiinspirations.com.au) or phone 9727 2581.

*Adapted from David J. Pollay's 'Garbage Trucks' shared by Robyn O'Connell*

*How often do you let other people's nonsense change your mood?  
Do you let a bad driver, rude waiter, curt boss, or an insensitive employee ruin your day?  
Unless you're the Terminator, for an instant you're probably set back on your heels.  
However, the mark of a successful person is how quickly they can get back their focus on what's important.*

***"The Law of the Garbage Truck."***

*Many people are like garbage trucks.  
They run around full of garbage, full of frustration,  
full of anger, and full of disappointment.  
As their garbage piles up, they need a place to dump it.  
And if you let them, they'll dump it on you.  
When someone wants to dump on you, don't take it personally.  
You just smile, wave, wish them well, and move on. You'll be happy you did.  
So this was it: The "Law of the Garbage Truck."*

*I started thinking, how often do I let Garbage Trucks run right over me?  
And how often do I take their garbage and spread it to other people: at work, at home, on the streets?*

*I decided "I'm not going to do it anymore."  
I began to see garbage trucks.  
Like in the movie "The Sixth Sense," the little boy said, "I see Dead People."  
Well, now "I see Garbage Trucks."  
I see the load they're carrying.  
I see them coming to drop it off.  
I don't make it a personal thing;  
I just smile, wave, wish them well, and I move on.*

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*Good leaders know they have to be ready for their next meeting. Good parents know that they have to welcome their children home from school with hugs and kisses. Leaders and parents know that they have to be fully present, and at their best for the people they care about.*

*The bottom line is that successful people do not let Garbage Trucks take over their day.*

*What about you?  
What would happen in your life, starting today, if you let more garbage trucks pass you by?  
Here's my bet.  
You'll be happier.  
Life's too short to wake up in the morning with regrets, so..  
Love the people who treat you right.  
Forget about the ones who don't.  
Believe that everything happens for a reason.  
If you get a chance, TAKE IT!  
If it changes your life, LET IT!*

**Trust that you have enjoyed this newsletter and please feel free to share this with any of your friends as I look forward to your feedback and presenting you my next Newsletter. If you would like to contribute to this newsletter please email or phone me as I am always delighted to hear from you.**

**Many blessings, Merry Christmas and wishing you a Happy and Safe New Year, Maria**

*Your thoughts:*

*31/10/07 - Thanks for the story about menopause - so understand what you are saying. Have had to move away from a hot drink more than once, and shopping centres are notoriously stuffy if you are overheated anyway. I heard a wonderful saying the other day, embrace your birthdays - they just mean you have lived a little longer. Perhaps we should view our hot flushes the same way - a sign of maturity. (Kind of hoped to stay immature all my life really though). HM*

*31/10/07 - I loved your newsletter- I actually felt like I went through the comical routine with you- you made me laugh. I must share it with mum, she will love it. KJ*

*31/10/07 - I so enjoy reading your newsletter and it always comes at a time when I need to hear from you! Your quotation hit home and I needed it - thank you. DE*

*10/11/07 - After reading your HOT FLUSHES experience at Chirnside wow what a strong experience and sounds like you dealt with it with such grace & dignity. Truly you are an inspiring woman. KH*

*12/11/07 - Hi Maria, I was just reading your newsletter and thought I would say hi, and tell you how much I enjoy them. CD*



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