



# Reiki Inspirations

*'Treating you as a WHOLE person'*  
Maria Lacey's Newsletter – May 2008

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

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## Hello and welcome to my newsletter

Whilst thinking about writing this newsletter, I was going through my filing system and found '*A Butterfly's Lesson*' and felt that it was such an inspiring story with some valuable insight, realising it was the very thing that I wanted to share with you. I trust that you will find something in the spirit of this story or newsletter that will assist you on your life's journey. ☺

## Quote for today...

***PEACE.... it does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be in your heart."***

*Author unknown*



## A Butterfly's Lesson

"One day, a small opening appeared in a cocoon; a man sat and watched for the butterfly for several hours as it struggled to force its body through that little hole. Then, it seems to stop making any progress. It appeared as if it had gotten as far as it could and it could not go any further.

So the man decided to help the butterfly: he took a pair of scissors and opened the cocoon. The butterfly then emerged easily. But it had a withered body; it was tiny and had shrivelled wings.

The man continued to watch because he expected that, at any moment, the wings would open, enlarge and expand, to be able to support the butterfly's body, and become firm.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with a withered body and shrivelled wings. It never was able to fly.

What the man, in his kindness and his goodwill did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening, were nature's way of forcing fluid from the body of the butterfly into its wings, so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes, struggles are exactly what we need in our life. If we were allowed to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been. Never been able to fly.

I asked for **Strength**... and I was given difficulties to make me strong

I asked for **Wisdom**... and I was given problems to solve.

I asked for **Prosperity**... and I was given a brain and brawn to work.

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**Maria Lacey**

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Reiki Master Teacher Qualified Counsellor Meditation Teacher

I asked for **Courage**... and I was given obstacles to overcome  
I asked for **Love**... and I was given troubled people to help.  
I asked for **Favours**... and I was given Opportunities.

“I received nothing I wanted... yet I received **EVERYTHING** I needed.”

**Live life without fear, confront all obstacles and know that you can overcome them...**

Author unknown.....

## **2008 WORKSHOPS & COURSES**

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

**17<sup>th</sup> & 18<sup>th</sup> May** – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm  
**31<sup>st</sup> May** – Past Life Workshop – Saturday - 1pm to 5pm  
**14<sup>th</sup> June** – Women Nurturing Women – Saturday - 10am to 4pm  
**21<sup>st</sup> & 22<sup>nd</sup> June** – Reiki Level 2 Certificate Course – Saturday & Sunday – 10am to 4pm  
**26<sup>th</sup> & 27<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** – Meditation Term 3 Thursday evening 7.30pm to 8.30pm  
**11<sup>th</sup> July to 19<sup>th</sup> September** – Meditation Term 3 Friday morning - 9.30am to 10.30am  
**14<sup>th</sup> July to 15<sup>th</sup> September** – Spiritual Development Monday evening - 7.30pm to 9.30pm  
**15<sup>th</sup> July to 16<sup>th</sup> September** – Spiritual Development Tuesday morning - 9.30am to 11.30am  
**19<sup>th</sup> July** – Psychic Art Workshop with Wendy Ishewe-Clark, Saturday 1pm to 5pm

**Please note:** All existing participants in the Meditation and Spiritual Development classes will have the first option to continue in Term 3, if you would like to attend please let me know as soon as possible so that I can put you on our waiting list. Thank you ☺

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

**Trust that you have enjoyed this newsletter and please feel free to share this with any of your friends. 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, Maria**

### Your thoughts:

*28/02/08 - I just wanted to thank you for relating your story about buying your house. Besides the fact that it was a lovely story, it really resonated with me about a decision I am trying to make at the moment. My head says 'no' and my hear says 'go'. I haven't made a decision yet, but I just wanted to let you know that your story has helped me understand my overwhelming thought that to go is what I should be doing. Just have to find a way to make it happen.*  
**CD**

*05/03/08 - I enjoyed reading the Feb newsletter. You always have many words of wisdom to share with everyone, particularly with your own experiences!! YV*

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