



Reiki Inspirations

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

www.reikiinspirations.com.au

ABN NO. 50 362 260 939

Hello and welcome to my newsletter

It is always such an honour and privilege being of service to others and assisting many along the way, even be it for a short time. As I sit here at my computer (a place that many who know me well know that I avoid if possible) I have Mr. Podge my cat in a deep sleep on my desk next to me and I feel grateful being able to have this medium in which to share my journey, knowledge and experiences with you. Hence, in this spirit I trust that you will enjoy this newsletter and hopefully there may be something within that will resonate to empower you on your journey. ☺

Quote for today...

HAPPINESS.... is not a station you arrive at, but a manner of travelling.

Written by Margaret B. Runbeck



COLOUR IN YOUR LIFE....

Throughout life you may have been inspired by colour or felt that certain colours made you feel differently. For example; you may wear black if you don't want to be seen. You may choose to wear red, a colour vibration of vibrancy and energy that will not only stimulate your own energy levels and will attract others to you. I am no colour expert even though in my twenties I did train as a colour consultant, assisting people to buy clothing utilising the different seasons and the colours associated with their skin type. Yes, something else you've learnt about me. ☺

Throughout my experience as a healer I know that each colour or palette of colours have their own vibration. So today in this newsletter I felt impressed to share my interpretations with you, trusting that you too are inspired to take notice of what colours you surround yourself with as you become more consciously aware of your choices on your person and in your environment. Remembering that today we can buy so cheaply, throw rugs, cushions, paint etc to change and enhance our environment. Even at work you can place something colourful on your desk such as flowers. You don't have to wear those colours on the outside if you feel they don't suit you and you don't need to throw out your wardrobe of clothes. Yet you could wear a particular colour for your under clothing or a particular colour as an accessory such as a scarf, tie, beads, jewellery, even the pen that you carry etc.

Trust that you enjoy reading the below interpretations as I wish you all colour in your life ☺

Maria Lacey

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White – is classified as ‘no colour’. Yet it is known to contain all of the colours within it. When you wear white it is not your body that people look at, it is your face, eyes, your soul that radiates from within that touches those around you. White is uncomplicated, simple and pure as it creates a sense of wholeness. It is a protective colour and you can use your imagination to invoke this colour around your body for protection in your every day and night activities.

Red – has the vibration of energy, vitality, strength and passion. It draws in abundance to empower you on your life’s journey. It stimulates yet keeps you grounded to the earth. Too much red though, can deplete or over-energise our nervous system.

Orange – is a highly spiritual colour and vibration. It creates a sense of balance, the yin and the yang, masculine and feminine. It is powerful and empowering, yet gentle. Another colour associated with the earth’s energy creating harmony and can make us feel good.

Yellow – the colour of creativity, happiness, new beginnings, new ideas. The colour of the ‘sun’ bringing in warmth as it radiates and inspires.

Green – a healing colour with the freshness of nature herself reminding us of the inevitable changes like the seasons, Winter, Spring, Summer & Autumn. Associated with the heart chakra this colour embraces being nurtured and refreshes the mind, body and spirit.

Blue – a clear colour as it is the colour of communication and has the healing and calming effect of the sea. A colour of clarity, peace and compassion.

Purple – a highly spiritual colour. A vibration of oneness! Gentle yet can be stimulating depending on the tones. This colour brings with it a sense of purpose and responsibility in our life path.

Brown – is the colour associated with the earth reconnecting us to our animal instincts an important aspect of us.

Black – as the Native American Indians believe it is the infinite void where the Great Spirit originally came from. Out of the darkness came the light ☺ this colour allows the presence of possibilities, change and growth, manifesting what you desire. A colour of what is not yet in form!

BOOK REVIEW – Astrology for the Soul by Jan Spiller

An astrology book with a difference. The author uses the North & South Nodes of the Moon (known as the Nodal Axis) as reference. With an interesting introduction and an easy to use chart, to find your North Node Sun and House sign. All that is left is to turn to your sign and begin an exciting journey into your SELF.

This is a practical book that offers a great and accurate insight into the way we function in our present lives, including attributes to develop and tendencies to leave behind, encompassing traits that we have had in past lives that we have carried with us to the present.

Astrology for the Soul allows us to uncover our own glitches and to empower ourselves, to overcome them with healing affirmations and helpful suggestions.

Reviewed by Charlotte Jarrold

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2008 WORKSHOPS & COURSES

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

17th July to 18th Sept – Meditation Term 3 Thursday evening 7.30pm to 8.30pm (class full)
18th July to 19th Sept – Meditation Term 3 Friday morning - 9.30am to 10.30am (class full)
14th July to 15th Sept – Spiritual Development Monday even - 7.30pm to 9.30pm (class full)
15th July to 16th Sept – Spiritual Development Tuesday morn - 9.30am to 11.30am (class full)
19th July – Psychic Art Workshop with Wendy Ishewe-Clark, Saturday 1-5pm (class full)
26th & 27th July – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm
23rd & 24th August – Reiki Level 2 Certificate Course – Saturday & Sunday – 10am to 4pm
30th August – Women Nurturing Women – Saturday - 10am to 4pm (**Empower Your Spirit**)
27th & 28th Sept – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm
3rd October – Psychic Art Drawing & reading with Wendy Ishewe-Clark, Friday from 10am
25th & 26th October – Reiki Level 2 Certificate Course – Saturday & Sunday – 10am to 4pm
8th November – Past Life Workshop – Saturday - 1pm to 5pm (3 places left)

For further information including testimonials and my '**specials**' please go to www.reikiinspirations.com.au or phone 9727 2581.

GUIDED MEDITATION CD 'EMPOWER YOUR SPIRIT' by Maria Lacey

This CD has three 20 minute guided meditations. Great for the person who would like to learn how to meditate as well as the experienced meditator just to sit back and embrace the journey.

Special offer for my readers \$10 each plus \$5 postage and handling (in Australia) if required.

To hear an example go to <http://www.reikiinspirations.com.au/products>

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:

01/05/08 - Hi Maria loved the Butterfly story, it supports my message about how it is better to empower rather than enable. JC

10/05/08 – Maria thanks once again for an inspirational newsletter. I found the butterfly story a great reminder especially when being a parent to my children. TL

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