



Reiki Inspirations

'Treating you as a WHOLE person'
Maria Lacey's Newsletter – September 2008
www.reikiinspirations.com.au
ABN NO. 50 362 260 939

Hello and welcome to my newsletter

I just love it.... This past week I have had a number of enquiries as to when my next newsletter is coming out and I feel very grateful to these calls. It is wonderful to know that people are enjoying reading what I have to share, thank you for your continual encouragement. ☺

Spring is here, and with the change of season comes new vibrant colours and growth as nature continues to share her beauty. It is also an opportunity for us to open our windows and doors as we clear the energy of winter, stretch our bodies, breathe in the freshness and feel the warmth of the sun and step out and move. Smiling, maybe that is why there is a saying, 'put a *spring* in your step'. I trust that you will enjoy this newsletter and hopefully what is shared will resonate to empower you on your journey. *Happy reading...*

Quote for today...

Now and then it's good to pause in our pursuit of happiness and just be happy.

Written by Guillaume Apollinaire



Internal CHAOS into internal HARMONY

Each of us have many things on the go. Understanding that our brain works like a computer and our senses are gathering information all of the time. The brain is then trying to file this information appropriately and we wonder why we can feel overwhelmed! We are amazing beings and no other species is able to gather as much information as we do. When we sleep this information is then organised and stored appropriately so that when we awake we feel refreshed and able to start to gather and experience once again. Yet if we don't sleep that information is like an unorganised desk or room and the next day we collect more and then the brain becomes overloaded. Just think how many times your computer has crashed because of too many windows and programmes are opened at once! When I start to feel that I can't think (like the screen has frozen) and my body feels stressed and tight and sometimes painful. I realise I have to STOP and BREATHE (like closing all programmes and windows). Then I concentrate on my breath (closing down the computer in readiness for re-starting) yet this time learning from my experience as I open one programme at a time. Below I have written one of my strategies to regain my focus of *being*, reconnecting and centring, trusting that it will be helpful to you. ☺

First of all I need to physically feel my face smile. When I experience the muscles in my face moving, then feel the creases happening around my eyes and mouth, I then connect with my heart and feel warmth so strong and full it radiates and allows me to sigh as I release. I then take a long deep breath in and sigh again. Feeling the warmth flooding my muscles in my back and shoulders

Maria Lacey

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

as they respond accordingly, I feel almost as if these muscles are smiling, relieved that I have taken a breath. I then continue to work with my body, sharing the smile, sharing the warmth as my mind totally loses its control so that I can just BE IN THE MOMENT.... By now my eyes are closed and as I reopen them, I take in all of the beauty around me. It can be that I see the colours more vibrant, next noticing my animals happily curled up and sleeping contently and then seeing a picture of a loved one on the wall and connecting as if seeing for the first time. When you come from this internal space, everything outside of you becomes one with you. You BREATHE and feel all of your scattered energies have returned to make you *WHOLE!*

2008 WORKSHOPS & COURSES

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

27th & 28th Sept – Reiki Level 1 Certificate Course – Saturday & Sunday – **(class full)**
3rd October – **Psychic Art Drawing & Reading** with Wendy Ishewe-Clark, Friday 10am to 1pm
9th October to 18th Dec – **Meditation Term 4** Thursday evening 7.30pm to 8.30pm **(1 place left)**
10th October to 19th Dec – **Meditation Term 4** Friday morning - 9.30am to 10.30am **(1 place left)**
6th October to 15th Dec – **Spiritual Dev. Term 4** Monday even - 7.30pm to 9.30pm **(1 place left)**
7th October to 16th Dec – **Spiritual Dev. Term 4** Tuesday morn - 9.30am to 11.30am **(2 left)**
11th October – **Women Nurturing Women** – Saturday - 10am to 5pm
25th & 26th October – **Reiki Level 2** Certificate Course – Saturday & Sunday – 10am to 4pm
8th November – **Past Life Workshop** – Saturday - 1pm to 5pm **(workshop full)**
15th November – **Women Nurturing Women** – Saturday – 10am to 5pm
22nd & 23rd Nov – **Reiki Level 1** Certificate Course – Saturday & Sunday – 10am to 4pm

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:

09/07/08 - I would just like to say how much I enjoyed the newsletter. Easy to read and a nice light flow, considering so many newsletters now a days have so much information that you can't read through it. I ended up going back a few copies and thoroughly enjoyed the simplicity and the beautiful messages in all of them. Thank you. VB

10/07/08 – I read your latest newsletter loved the feature on colour. KH

11/07/08 - Thanks for the lovely read of your newsletter- I always look forward to a good read. The quote for the day shone brightly at me! KJ

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