



# **Reiki Inspirations**

*'Treating you as a WHOLE person'*  
Maria Lacey's Monthly Newsletter – June 2006

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

ABN NO. 50 362 260 939

## **Welcome everyone ...**

Thank you so much for the response to my first newsletter last month. Your emails were very encouraging and it is an honour to know that I can share with you through this medium.

## **CHALLENGES AND CHANGES**

There are many challenges and changes in life. Some of us call them processes, transitions, possibly the wrong or the right place at the wrong or the right time, luck, bad or even good choices, even karma. Personally for me these challenges and changes have been an opportunity to reflect, learn, grow, move forward, embrace and most importantly of all to TRUST and have GRATITUDE with every life experience. I'm smiling because this is the little guru in me, the knowing part of me speaking, the spiritual side that understands that I am always divinely guided for my highest will and good. A knowing that says, "life is an experience, a journey to be embraced". Yet why do I STRESS, why don't I always TRUST myself? Why don't I always listen to my intuition? Why is my body reacting adversely? What am I holding onto that is holding me back? Hmmm could it be FEAR (false evidence appearing real)? Why can I do for others, yet cannot do for myself? Could it be a negative belief system?

These very questions that I impose upon myself I have been asked many times by my students and clients. How can I overcome my fear? How can I trust myself and know that I am making the right choices? How do I overcome negative belief systems?

There are strategies that we can put into place that can help us change these thoughts (I know because when I trust the process it works):

1. Know that negative belief systems have been learnt, so equally can be unlearnt.
2. Know what you want to change about yourself and circumstances and be clear about it.
3. Write down positive affirmations and read them often, such as "I easily flow with new experiences, new directions and new changes"
4. Listen more closely to what you say and if it sounds negative or doesn't honour you, stop and correct yourself.
5. Remember one small step at a time is all that it takes.
6. Be grateful for all of the small things in your life such as the beauty of nature as it changes with the season. The more we connect to the feeling of gratitude the more positive experiences we bring into our lives.
7. Write a journal and empty your thoughts onto the pages.
8. Take time out to honour yourself and do the things that make you feel good.

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**Maria Lacey**

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## BOOK REVIEW:

### Invoking The Light by C.F.Reynolds - reviewed by Neil Ashton-Rickhardt

Inspired to seek the underlying truth of a series of profound spiritual experiences, including numerous visions, author Catherine Reynolds sought a direct channel to the divine mind and soon intuited a series of insights, revealing many hidden truths, including;

- hidden worlds paralleling our world and how they operate ;
- the truth about 'angels' and 'demons';
- the 'battle' for human souls' and how this struggle manifests in the physical world;
- the subtle influences that block our awareness and keep us from achieving our highest potential;
- the truth about fear and how its illusionary power affects us by eliciting negative experiences and belief systems; and
- dreams as a powerful tool of illumination.

Invoking the Light shares these truths and many others in a very simple, straightforward and more universal way, offering a very practical tool you can use to not only dramatically empower your life but also attain the ultimate human state of living life full aware. For further information and to purchase go to [www.invokingthelight.com](http://www.invokingthelight.com)

It is a really uplifting and direct book and it does work. Neil.

*If you would like to review a book for this newsletter please email a 50 to 100 word summary.*

### JUNE & JULY WORKSHOPS

17<sup>th</sup> & 18<sup>th</sup> June – Reiki Level 2 Certificate Course

1<sup>st</sup> July – Personal & Spiritual Growth Workshop – enjoy being with like-minded people as we open up to share about our spiritual journeys and experiences. Special Guest – Geraint Seren – Shamanic drummer.

29<sup>th</sup> & 30<sup>th</sup> July – Reiki Level 1 Certificate Course

For further information on these workshops, how to book in and other workshops please go to [www.reikiinspirations.com.au](http://www.reikiinspirations.com.au)

Please feel free to share this with any of your friends and I look forward to your feedback and presenting you my next Newsletter in July.

Keep happy and smiling, Maria

### Your thoughts:

*Hi Maria, Loved the newsletter. Honestly I feel things are written just for me sometimes. Thank you. A lovely read. Katherine*

*Hi Maria, Finally a newsletter that I can relate to! Thought provoking yet practical suggestions to help me on my life journey. Keep writing. Thanks Brett.*

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