



Reiki Inspirations

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

www.reikiinspirations.com.au

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Merry Christmas everyone and wishing you all a safe and happy new year!!

May I take this opportunity of offering my most sincere thanks for allowing me to travel this journey called life with you, be it in the form of a helping hand (giving and receiving), via my newsletter or friendship.

Happy reading this newsletter and I trust that in the spirit of sharing you will find something within that will resonate and assist you on your journey. ☺

There is a story told about being in the *eye of the storm* where it is so quiet and peaceful and even though everything around you may appear in chaos you feel cocooned in a blanket of silence. Christmas is almost upon us and many of my clients and students have commented on feeling stressed, hurried and unable to think. Saying that they feel like they are running out of time! I have shared with many how it is important to sit and *be in the eye*, breathe, be awake and aware in the moment as you stop just for 5 to 10 minutes each day (outside in nature would be great yet inside is fine too). If you feel encouraged to do this you may find that you feel much more balanced and the answers you have been seeking may just come to you. Many clients have said to me by taking this time out each day they do feel more grounded and centred and empowered to focus on the tasks ahead of them. The chaos may still be there yet they notice they can be more tolerant and compassionate towards themselves and others.

Affirmation for today...

The role I play in this life is transient

I am in essence a being of light

My family members are some of my greatest teachers

All human drama helps me expand my awareness of love

My soul is not confined to time and space

Written by Toni Carmine Salerno

Notice the signs  the adventure may be worth it...



I want to share a story and for some you may have read my blog* or heard me talk about it in my classes. It is about my experiences with Koro a Maori spiritual leader, a place called Whakatane in New Zealand and a journey not expected, thought about or even dreamt would ever enter into my life. An enriching journey that has challenged me and enlightened me through the many experiences I have been blessed to witness and be involved in. This path has shown me many tools to assist in the very fabric of what is my professional life in healing and counselling today.

Maria Lacey

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Reiki Master Teacher Qualified Counsellor Meditation Facilitator

Some of you are aware that I visited New Zealand in March of this year and again in August and each time I was shown a *sign*. First through a meeting with one of my Maori students and friend Lisa, and seeing what I thought was her spiritual guide behind her as I shared the vision with her I found out that it was Koro a man very much alive! Within a couple of weeks I was leaving for Nepal, India, Sikkim and Bhutan* and I knew at a later date that I would visit New Zealand and in January this year the journey began*. I didn't ignore the synchronicity (*the signs*) and followed to a large degree in faith because I didn't have the money to travel again yet everything fell into place. My previous trip to Bhutan was the catalyst that opened the door as I took the '*leap of faith*' and chose to risk it all to set myself free!!

Then *another sign* to go back to New Zealand was when I was in meditation and I felt a strong pull. Again a '*leap of faith*' was required as I didn't have the money to travel and I was still paying off my previous journey and knew that I would not be earning any income whilst away. Yet again synchronicity and a greater power ensured that I travelled and once again a beautiful Maori family opened their door to allow me to stay. The new learning and growth has impacted me both spiritually, emotionally and physically. This learning has been embedded into the very fabric of my being and has challenged and mirrored much and given me the opportunity to grow for which I am most grateful.

It feels right as I am being led on this wonderful journey and I know within myself that this must be right for me to do as I am being fully supported and encouraged. It took a '*leap of faith*' risking what I thought was my safety and stability financially, emotionally and physically. I now willingly walk upon this path as I open to the *signs* and choose to follow my heart in the direction that is shown to me and who knows where that might lead next ☺

Through these adventures I have realised that the very boundaries that I had set in the past to assist me, over time have become the very fences that hold me prisoner and no longer serve me. Through this insight I have been able to see clearly and *live life*. I am forever grateful to all of you who have supported my growth, and as I share my stories I know that I am my greatest student, and through this learning I can teach with integrity, honesty, openness and I trust a sense of humour. Thank God I'm not perfect ☺

**If you are interested you can read about this further in my blog - www.reikiinspirations.com.au/marias_blog*

2009 WORKSHOPS & COURSES

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

31st Jan & 1st Feb – Reiki Level 1 Cert. Course – Sat. & Sun. – 10am to 4pm (1 place left)

29th January to 2nd April – Meditation Term 1 Thursday evening 7.30pm to 8.30pm

30th January to 3rd April – Meditation Term 1 Friday morning - 9.30am to 10.30am

2nd February to 30th March – Spiritual Dev. Term 1 Monday even - 7.30pm to 9.30pm

3rd February to 31st March – Spiritual Dev. Term 1 Tuesday morn - 9.30am to 11.30am (full)

14th & 15th February – Reiki Level 2 Cert. Course – Saturday & Sunday – 10am to 4pm (full)

21st February – Women Nurturing Women – Saturday - 10am to 5pm (3 places left)

14th March – Women Nurturing Women – Saturday - 10am to 5pm

28th & 29th March – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm

18th & 19th April – Reiki Level 2 Certificate Course – Saturday & Sunday – 10am to 4pm

16th May – Past Life Workshop – Saturday - 1pm to 5pm

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By request coming soon.... 'Secret Men's Business' half day workshop and 'Couples creating and Living in Harmony' half day workshop

Please note: I have a waiting list for the *Meditation and Spiritual Development* classes and am awaiting confirmation as this newsletter goes to you all. If you would like to go on the waiting list please feel free to email or call. Please check my website as I will update it regularly as soon as I have confirmation from the prospective and existing students. Thank you for your patience.

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



Reiki Inspirations wishes you and your family a Merry Christmas and a happy and healthy 2009 filled with much happiness and adventure...

I will be closed for business from *Wednesday 24th December* and will re-open on *Monday 19th January*. As at *Monday 12th January* Helen my assistant will be returning calls and will be able to book client appointments. During this time my mobile phone will be switched off as I will be enjoying a break as well attending to further study.

If you are in urgent need of counselling throughout this time, I apologise for being unavailable and would like to suggest calling one of the *help & support services* in the front of the white or yellow pages.

Fee increase: Please note that my fee for Reiki has gone up to \$65 for a one hour consultation. This fee is effective immediately for new clients and will be effective for existing clients as at 1st March 2009.

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

**'May you be vibrant, light and a 'shining guide'
to all those who fear they cannot see'**

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