



# Reiki Inspirations

*Healing and Counselling Centre*

*'Treating you as a WHOLE person'*

Maria Lacey's Newsletter – March 2009

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

ABN NO. 50 362 260 939

## Welcome Everyone,

Many shifts and changes are happening all over Australia as we are being challenged by Mother Nature. My heartfelt love and support is being sent to all of you who have been directly or indirectly affected by the recent fires in Victoria and floods in Queensland. Each week in our classes at the end of each session students have been sending healing energy to support you through this difficult and confronting time.

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

## Inspirational quote for today...

**Without the 'human community' one single human being cannot survive.**

Author - The Dalai Lama



## HOPE

I felt it important to talk about 'hope' and that through adversity miracles occur to fuel the human spirit to push through and survive. We have seen examples in recent times through the fires. Remember the fireman who generously shared his bottle of water with the koala. Then there are photos of a beautifully formed tree with green leaves in the midst of a completely burnt-out paddock. Then there are the incredible stories of people walking through the fires to come out alive!

A wave of grief flowed through our hearts as everything unfolded over those couple of weeks. There were many who found themselves feeling heavy, upset and displaced even though they hadn't been directly affected during this time. It is important to understand that when something so tragic on such a large scale happens it can trigger unresolved grief of the past as well as a memories even from resolved losses. The grief could have been a loss of a loved one, family breakdown, change of job or home there are many losses that can affect us. Throughout this time I noticed these losses were compounded due to the very fact of what was happening in our environment notwithstanding the sometimes sensational reporting by the media.

As the warnings subsided and everyone was taking a breath, the cyclone in Queensland and the earth tremor in Victoria came along and for some this once again has been unsettling and a feeling of insecurity flowed through like a cold breeze on a winters day.

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**Maria Lacey**

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I wanted to share that throughout this time you might need to be gentler with yourself as you would a friend or family member who is experiencing loss. Some may choose to talk with a counsellor or a close friend or family member to support you as you clarify your feelings and thoughts. Know that it is perfectly human for us to feel and be affected by events surrounding us. I encourage you to establish your support network and re-establish your feelings of safety and balance, through doing this you will find the gift and joy within life once again.

## **2009 WORKSHOPS & COURSES**

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

**29<sup>th</sup> January to 2<sup>nd</sup> April – Meditation Term 1** Thursday evening 7.30pm to 8.30pm **(full)**  
**30<sup>th</sup> January to 3<sup>rd</sup> April – Meditation Term 1** Friday morning - 9.30am to 10.30am **(full)**  
**2<sup>nd</sup> February to 30<sup>th</sup> March – Spiritual Dev. Term 1** Monday even - 7.30pm to 9.30pm **(full)**  
**3<sup>rd</sup> February to 31<sup>st</sup> March – Spiritual Dev. Term 1** Tuesday morn - 9.30am to 11.30am **(full)**  
**14<sup>th</sup> March – Women Nurturing Women – Saturday - 10am to 5pm (full)**  
**21<sup>st</sup> & 22<sup>nd</sup> March – Reiki Level 1 Certificate Course – Sat & Sun – 10am to 4pm (2 places left)**  
**18<sup>th</sup> & 19<sup>th</sup> April – Reiki Level 2 Certificate Course – Sat & Sun – 10am to 4pm (full)**  
**23<sup>rd</sup> April to 25<sup>th</sup> June – Meditation Term 2** Thursday evening 7.30pm to 8.30pm  
**24<sup>th</sup> April to 26<sup>th</sup> June – Meditation Term 2** Friday morning - 9.30am to 10.30am  
**20<sup>th</sup> April to 22<sup>nd</sup> June – Spiritual Dev. Term 2** Monday even - 7.30pm to 9.30pm  
**21<sup>st</sup> April to 23<sup>rd</sup> June – Spiritual Dev. Term 2** Tuesday morn - 9.30am to 11.30am  
**16<sup>th</sup> May – Past Life Workshop – Saturday - 1pm to 5pm (full)**  
**23<sup>rd</sup> May – NEW! 🧠 Men’s Workshop – Saturday – 1pm to 5pm**  
**30<sup>th</sup> & 31<sup>st</sup> May – Reiki Level 1 Certificate Course – Sat. & Sun. – 10am to 4pm**  
**20<sup>th</sup> & 21<sup>st</sup> June – Reiki Level 2 Certificate Course – Saturday & Sunday – 10am to 4pm**  
**27<sup>th</sup> June – Women Nurturing Women – Saturday – 10am to 5pm**

**By request coming soon.... ‘Couples creating and Living in Harmony’** half day workshop

**Please note:** I have a waiting list for the *Meditation and Spiritual Development* classes for Term 2 and am awaiting confirmation from the existing students as this newsletter goes to you all. If you would like to join these classes please feel free to email or call.

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

**Celebrate Mooroolbark Festival Saturday 28<sup>th</sup> March, 9am to 4pm** – Street parade, market stalls, music and the energy of our local community getting together. Come along and say ‘hello’ and experience a free Reiki. I would like to thank all of the Reiki volunteers who will be assisting on the day.

**Fee increase:** Please note that my fee for Reiki has gone up to \$65 for a one hour consultation.

**Trust that you have enjoyed reading this newsletter and please feel free to share this with any of your friends. If you would like to contribute please email or phone me as I am always delighted to hear from you.**

Many blessings, Maria



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