



# Reiki Inspirations

*Healing and Counselling Centre  
'Treating you as a WHOLE person'*

Maria Lacey's Newsletter – June 2009  
[www.reikiinspirations.com.au](http://www.reikiinspirations.com.au)

## Welcome Everyone,

Winter has arrived and as I write this newsletter, we are getting a good heavy rain. Gone are the days in Victoria that we ignore or complain about the rain. Now, we relish the lush green lawn (or, in my case, weeds) and rejoice to see our gardens flourishing. ☺ Let's hope our catchments are also receiving this much-needed rain.

One of my aspirations has long been to create a group of practitioners who work together to holistically support and assist the community with their health and wellbeing. Many of you who are in my classes will be aware of the exciting developments taking place with Reiki Inspirations that mean this dream is becoming a reality. So, for those who have not already met them, I take great pleasure in welcoming Kathryn James and Joanna, who are now operating their practices from my premises.

Kathryn is a Reiki Master Teacher/Practitioner and EFT Practitioner, while Joanna is an accomplished Psychic Medium, Shiatsu, remedial, therapeutic and relaxation Massage Therapist including Chinese cupping. I'm sure you'll be interested to find out more about them and how they can help you, so please read their profiles below\*.

A great journey is now happening for Reiki Inspirations and me. In the spirit of sharing, I trust you will find something in this newsletter that will resonate with you, and inspire and assist you on your journey. ☺



## Inspirational quote for today...

**"Hope sees the invisible, feels the intangible and achieves the impossible."**

Author - Unknown

## REIKI: My personal journey – the beginning

It was New Year's Eve and I had been invited to a house party of some friends of mine. During the evening, I was introduced to Helen. We had a quick conversation and then she had to go. Moments later, she came back and said, "I just can't leave. I feel I need to talk with you". So, over the next couple of hours, we chatted happily.

During the conversation, I discovered Helen was going in for some major surgery and didn't have anyone to care for her. In that moment, I offered to have her come and stay with me. It wasn't until I got back home that evening that I realised the extent of my offer and wondered how it would work. There I was a single parent with two young children, working full-time, and with no extra bed or bedroom!

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Have you ever spoken out without thinking first? Well, I have on a number of occasions. Some have led to grief (which I learnt so much from) and others, like this experience, were incredible gifts that became memorable and pivotal times on my journey. In the end, I decided to give Helen my bed for the next three months and that I would sleep on the couch. I spoke with the company I worked for and negotiated part-time hours in the office and the remaining hours working from home. It was amazing how it all fell into place.

Helen came to stay, and, as she became stronger, she asked me to lay my hands on her, telling me that everyone has healing abilities. Feeling very sceptical about being able to heal others, I strongly declined her offer. (Famous last words!)

But Helen didn't give up easily. She arranged for her massage bed to be delivered to my home and offered to give me a healing. You see, Helen was a Reiki Master. I had never even heard of Reiki, so Helen decided that I needed to experience it. I agreed to receive, and the experience in that moment changed my path forever.

So you see, what appeared to be spontaneous and without thought as I invited a stranger into my home to heal, ended up being the greatest gift, one which has enriched my life in all areas. As I experienced more, I chose to learn Reiki. Helen was the *messenger, the light to show me the way*. Through this experience, I found my purpose, my path, my passion — to be of service within my community. From there, the Reiki energy itself has supported me, led me on and opened many doors to assist me, my family and the people I love.

As a young girl, I never imagined I would become a Reiki Teacher or anything else in this field. It just goes to show that sometimes synchronicity or a greater force leads us to unexpected opportunities.

## 2009 Workshops and Courses

([http://www.reikiinspirations.com.au/classes\\_\\_workshops](http://www.reikiinspirations.com.au/classes__workshops))

**20<sup>th</sup> & 21<sup>st</sup> June: Reiki Level 2 Certificate Course** – Sat & Sun, 10 am to 4 pm **(2 places left)**

**27<sup>th</sup> June: Women Nurturing Women** – Saturday, 10 am to 5 pm **(1 place left)**

**16<sup>th</sup> July to 17<sup>th</sup> Sept: Meditation Term 3** – Thursday evening, 7.30 pm to 8.30 pm

**17<sup>th</sup> July to 18<sup>th</sup> Sept: Meditation Term 3** – Friday morning, 9.30 am to 10.30 am

**13<sup>th</sup> July to 14<sup>th</sup> Sept: Spiritual Dev. Term 3** – Monday evening, 7.30 pm to 9.30 pm **(full)**

**14<sup>th</sup> July to 15<sup>th</sup> Sept: Spiritual Dev. Term 3** – Tuesday morning, 9.30 am to 11.30 am **(full)**

**25<sup>th</sup> & 26<sup>th</sup> July: Reiki Level 1 Certificate Course** – Sat & Sun, 10 am to 4 pm **(full)**

**15<sup>th</sup> August: Past Life Workshop** – Saturday, 1 pm to 5 pm **(4 places left)**

**29<sup>th</sup> & 30<sup>th</sup> August: Reiki Level 2 Cert. Course** – Sat & Sun, 10 am to 4 pm **(2 places left)**

**5<sup>th</sup> September: Women Nurturing Women** – Saturday, 10 am to 5 pm

**26<sup>th</sup> & 27<sup>th</sup> Sept: Reiki Level 1 Certificate Course** – Sat. & Sun, 10 am to 4 pm

**3<sup>rd</sup> October: NEW! 💡 Men's Stress Management Workshop** – Saturday, 1 pm to 5 pm

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

## Health and Wellbeing Expo' – Bimbadeen Primary School, Mooroolbark

**Sunday 9<sup>th</sup> August, 10 am to 3 pm**

This is a fundraising event with up to 60 stalls. Come along, say 'Hello' and experience a free Reiki healing from me and some of my Reiki students. We will be volunteering our time to give back to the Community, and helping to raise awareness of the benefits of Reiki.

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[www.utopia-retreat.com](http://www.utopia-retreat.com)



I have personally booked into this retreat as an opportunity for Professional development and to give myself a treat. It is a great chance to relax, recharge during a busy time of year, learn, and be with like-minded people. Being in Noosa is also a real draw card. Check it out at the above web address and see for yourself!

### Practitioner Profiles\*



**Joanna** is a gifted Psychic Medium who offers caring, compassionate and accurate readings. You will feel uplifted, be empowered and, most importantly, be heard!

Joanna brings you help through messages from her Spirit Guides and yours, using a variety of tools including Angel cards, psychometry and Greek Coffee Cup readings. She also offers Shiatsu and therapeutic massage and Reiki healings.

**Consultations for:** Readings and Shiatsu/Massage

**Days:** Tuesdays and Thursdays

**Appointment times:** 10 am, 11.15 am, 1 pm, 2.15 pm, 3:30 pm.

For an appointment with Joanna, phone **0411 249 538**. To learn more about Joanna, please visit her website at <http://harmonyretreat.vpweb.com.au/default.html>



My name is **Kathryn James** and I am very excited to be joining Joanna and Maria, as I know this beautiful place of healing will benefit many people on their life journey. I bring with me a wealth of healing expertise and life experience – as a wife, mother, nurse, Reiki Master Teacher and Emotional Freedom Technique (EFT) Practitioner.

EFT is a gentle healing technique that involves simple tapping with the fingertips in a specific sequence, whilst voicing your particular problem.

This helps release fear, panic, anxiety, phobias, stress, trauma and any other negative emotions. It optimises your emotional health, which is essential to physical health and wellbeing.

Please call me on **0403 734 993** if you would like more information or to make an appointment.

**Appointment times:** Tuesdays and Thursdays

#### Prices

Reiki session: 1 hr – \$65.00

2-day Reiki Workshops: Level 1 – \$265.00

EFT session: 1 hr – \$65.00

Level 2 – \$325.00

Reiki / EFT Combination: 1 ½ hrs – \$ 90.00

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**I hope you have enjoyed reading this newsletter and I am happy for you to share it 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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