



Reiki Inspirations

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

Maria Lacey's Newsletter – August 2009
www.reikiinspirations.com.au

Welcome Everyone,

Today I visited Coldstream Animal Aid and spent some time with Nell and Jo, who kindly showed me around. Witnessing firsthand the wonderful, caring nature of the staff and volunteers, I feel inspired by their generosity and motivation in creating a sanctuary for animals and the opportunity for animals to heal, find loving homes, have respite and be in a safe and nurturing environment. I also saw the healing effects this place has on us as humans, including me, and I trust that all of you who are animal lovers will appreciate my experience ☺

So much is happening for many at this time. The flu season is at its peak, and many families are unwell. People are being confronted emotionally, financially and physically, yet we continue to survive and to pull out that inner strength to carry on. And perhaps this adversity is an opportunity to stop, take notice and just listen.

I blocked out my diary today to go to Animal Aid because I knew it would give me inspiration and the energy for a project I am working on, as well as for writing this newsletter to you. When I was working in the corporate arena, I encouraged my staff to occasionally take a 'mental health day' just to take a breath, recharge the spirit and spend some valuable time by themselves or with family. Maybe it's time to take action and do something that makes your heart 'sing' and feeds your spirit, hopefully clearing the fog, lightening your load, and encouraging you to live your life rather than merely exist within.

Many of us use the excuse that we don't have time and we wait till we have no choice, due to illness or some other cause. There are many who have a cycle of crashing and burning every couple of years, yet they continue the cycle over and over because they are soon well and on their way again. Wouldn't it be worthwhile to put into place some healthy strategies to avoid the next crash?

This now leads me into the subject of *Communication (mind-body connection)*. In the spirit of sharing, I trust you will enjoy this newsletter and that something will resonate to inspire and assist you on your journey. ☺

Inspirational quote for today...



'If you do what you have always done, you will get what you have always got!'

Have the courage to change something, especially if what you have always done does not serve you well. Our free will always allows choice to be present.

Maria Lacey

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Communication (mind–body connection)

Do you listen and talk to your body? Do you stop to take a breath? Do you stop to enjoy your family, partner, friends, pets and environment? Why do we wait until we are in crisis before we listen?

Here are just some of the many signs that the mind–body connection is communicating distress... anxiety, panic, muscle tension, anger, pain; feeling overwhelmed, out of control, frustrated, unhappy; lacking clarity; longing for something yet unsure what it is.

Strategies that may be helpful

- Understand that it is only ‘temporary’. How many times have you thought that you wouldn’t survive something, yet today you are here, which is testimony to your own inner strength and natural ability to break through whatever challenges you.
- Accept – stop the struggle, the inner fight that drains your energy. Accepting your situation will give you the energy to see clearly what to do next.
- When feeling overwhelmed, you could say, ‘I am safe; I feel safe’. This connects your mind with your heart/feeling.
- ‘Doona dive’. Being an adult, yet nurturing the child within by having a nap under the doona during the day, may just refresh you enough to carry on.
- Be as kind and gentle to yourself as you would to a friend, child or family member.
- Surround and uplift yourself with colour, such as flowers, bright clothes, and colourful décor and features in your home or workplace.
- Create a support network of loving and nurturing friends, family and/or professionals.
- Do something that makes you laugh, distracts you from your worries and changes your focus, even if it is for a short time. The relief you feel could be just what you need to gain clarity and the energy to continue.

Most of all, be mindful of your body. Listen to it, observe it, as it is always communicating with you. You may just find the answer you have been searching for ☺

War no more.... Song by ‘bliss’ self titled album

(The words of this song brought me to tears. As I reflected on my own inner struggle I understood that we are a reflection of each other, a beautiful cloth interwoven with many threads creating the whole. I feel this song has so much to say, on so many levels; I hope it also ‘speaks’ to you.)

*Walk in my shoes and I’ll walk in yours
Drink from my cup and I’ll drink of yours
See through my eyes and I’ll look through yours
Feel with my skin I’ll let you in and
No more we’ll war
Know through my heart, all that I am
Peel back the layers of woman and man
Walk with my god, the same one as yours
Feel with my skin, I’ll let you in and
No more we’ll war
Care for my child and I’ll cherish yours
Acknowledge my history and I’ll honour yours
Know that my hopes and dreams
Are just like your own
Feel with my skin
I’ll let you in and
No more we’ll war, no more, No more we’ll war.*

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2009 Workshops and Courses

(http://www.reikiinspirations.com.au/classes__workshops)

29th & 30th August: Reiki Level 2 Cert. Course – Sat & Sun, 10 am to 4 pm **(1 place left)**

5th September: Women Nurturing Women – Saturday, 10 am to 5 pm **(3 places left)**

26th & 27th Sept: Reiki Level 1 Certificate Course – Sat. & Sun, 10 am to 4 pm **(full)**

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

5th Oct to 14th Dec: Spiritual Dev. Term 4 – Monday evening, 7.30 pm to 9.30 pm

6th Oct to 15th Dec: Spiritual Dev. Term 4 – Tuesday morning, 9.30 am to 11.30 am

8th Oct to 17th Dec: Meditation Term 4 – Thursday evening, 7.30 pm to 8.30 pm

9th Oct to 18th Dec: Meditation Term 4 – Friday morning, 9.30 am to 10.30 am

9th October: Psychic Art with Wendy – Friday, 11 am. Receive a reading and drawing of your guide. Phone to book your private appointment, as bookings are essential.

24th & 25th October: Reiki Level 2 Cert. Course – Sat & Sun, 10 am to 4 pm **(2 places left)**

21st & 22nd November: Reiki Level 1 Certificate Course – Sat & Sun, 10 am to 4 pm **(full)**

5th & 6th December: Reiki Level 1 Certificate Course – Sat & Sun, 10 am to 4 pm **(3 places left)**

Please note: I have a waiting list for the Meditation and Spiritual Development classes for Term 4 and am currently awaiting confirmation from the existing students. If you would like to join these classes, please feel free to email or call, I will be able to let everyone know within the next two weeks. Thank you for your understanding.

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

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!

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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