



Reiki Inspirations

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

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

Welcome Everyone,

As you know, I often say that I welcome your contributions to this newsletter. The other day, I received an email from Bernadette after she had participated in the 'Women Nurturing Women' Workshop. It was a privilege to read the insights she gained through the workshop and to follow her on her journey. I felt many of you would relate to her delightful story, which I share with you below.

Inspirational quote for today...



In the 'inner self' there is infinite inspiration... Open your heart to see

By Maria Lacey

PIECES OF ME – by Bernadette Lehmann

I leave the 'Women Nurturing Women' workshop with a folder in my hand, many thoughts in my head and a renewed sense of hope in my heart. I can't wait to put my newfound tools to work. The first on my list is quite clear – create a sanctuary for myself!

Arriving home jolts me back into reality – the day's dishes are in the sink, the washing still needing to be hung out. My daughter is going out with her friends and they soon arrive to get ready; the bathroom is bursting at the seams with girls doing their hair, fixing makeup and chatting. In the living room, bags, shoes and clothes are in random piles, filling up the space. The stereo is turned up and it's not necessarily music I am in the mood for.

I have always struggled with boundaries in every aspect of my life. I get lost in a sea of people-pleasing mantras, resenting the time and energy I am putting in. Often, I feel unappreciated and invisible, not to mention exhausted, depleted and unmotivated. I sometimes wonder what I am doing and whom I am doing it all for. I get stuck on a merry-go-round of 'being in places that I don't want to be and wonder how I even got there. I long for a place where I can just be ME.

It's only later in the evening, when I put fresh sheets and my favourite doona on my bed and ruffle the pillows and cushions, that I regain a real sense of peace. I happen to glance around the room to see what else needs my attention and rest my eyes on three objects. As I study them, I am drawn in by them and remember what each really means to me.

Above my bed head, I have a picture that I brought back from Ireland. This reminds me of my 'sacred place', a place I visited and will never forget. The energy of Ireland is vibrant and enchanting, from the hues of the landscape, with its many shades of green, that overwhelm the senses with a kaleidoscope of colour, to the people, who are warm-hearted, friendly, and quick-

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witted and have their own unique sense of self. They are storytellers and happy to share their Celtic folklore and legends. I was told that the mists surrounding the mountains and lakes down south rarely lift and it is so pristine and mystical there that you may just find yourself in another world. But the Irish music is what gets me the most; it is rich and soulful and vibrates right through you. It surrounds you, wraps you up in its charm, and leaves you helpless in its wake. It was there, in Ireland, that I learned that the past and present can exist at the same time.

On the tallboy next to my bed, sits a little Buddha statue. This reminds me to be centred and live in my own truth. I recall as a child the frustration of looking for answers to questions, but never fully satisfying my curiosity. I was always searching, wanting to know more, needing to go deeper and deeper into the core of concepts, try them on for size and see how well they sat with me. I understood intuitively the mind-body connection, and began seeking out anything and everything I could read on the subject. I knew I could become my own healer, because, with the help of nutrition, natural therapies and the right attitude, the body is in a perfect position to heal itself. This understanding has served me well. I have overcome many difficulties with this knowledge and, with the help of others, been transformed. Buddha reminds me that I am *one* with everything.

Behind the Buddha statue, against the wall, is a frame holding an Islamic scripture, the words most beautifully inscribed in Arabic. (I do not know what it says, but I am sure the words are meant for comfort). This reminds me of my Middle Eastern connections. The people born of the desert are mysterious, stoic, beautiful and proud, though they happen to come from a harsh, arid, and unforgiving land. Religion is woven into the fabric of daily life, mixing with the very essence of their culture. They have a strong sense of family ties, and an even stronger sense of faith. On the other side of the world, a young Muslim man calls me his Australian mum. I have yet to meet him in person, but because he cares for my daughter, to him her family are important and so he phones me. He has the softest voice, his humour is evident and even though he is just learning the English language we are beginning to get a sense of each other. This reminds me that there are infinite possibilities that move us beyond all boundaries.

I am surrounded by some of the things that are most precious to me. I stand strong in their presence and I feel no sense of doubt. Nothing can take them away from me, as they are pure reflections of the heart. I have my little oasis in the desert, the stillness at the end of the day; where everything else can vanish until all there is left is me.

In the small hours of the morning, the girls return and organise their sleeping arrangements. Someone sneaks quietly into my room and takes my extra pillows.

Yet, the next morning, I still feel different. A new sense of confidence and gratitude is building in me. Today, my youngest daughter thanks me, gives me a kiss and tells me that she loves me when I bring her the lunch money she forgot to take to work. My oldest daughter can't thank me enough when I take her uni book into the city to give to a friend so it can be taken on the flight back to Dubai. Now, it's plain to see that they are SO grateful. The music is blaring on my drive back from the city. I have time to think and I can sing to my heart's content. I feel I am blissfully in my own bubble as I make my way onto the freeway.

Did I miss something before? Is it because, with an open heart, I gave with love and not resentment that I now see it differently? I get the process; it works in the opposite way to how I imagined. But of course it does; it is exactly that – give and you shall receive. I also keep defining myself through the struggles I have, instead of clearly defining who I want to be. I expect that people will know what I want, but I often don't even know myself. As I examine the chaos that makes up my life, I discover light and shade; it's not all bad. I like some of the things in it and

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there are some things I could do without. It is with newfound clarity that I can now choose the things I want to keep and the things I want to let go of. As I merge with the traffic, I see that life can be likened to driving down the highway. We have a destination, but we have choices about how to get there. When we get to the crossroads, we have a choice as to which way we go, and if we keep choosing the same road, why grumble when we see the same scenery each time? It's up to me. I can choose to stay invisible and unappreciated, existing in the shadows of my life; or I can step up, stand in the light and own it, shine as brightly as I can and then it will be easier for others to see where I am.

As I pull up in the driveway, my mobile phone rings and interrupts my thoughts. I have already told the guy on the other end not to ring me because it's over between us. He is just ringing to see if there is any chance I have changed my mind, but I have heard it all before and tonight his routine lines feel particularly old and jaded. He cannot believe that I am not falling for it and he gets quite indignant that there is nothing he can do to get around the fact that I don't want him in my life.

2009 Workshops and Courses

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

- 5th Oct to 14th Dec: Spiritual Dev. Term 4** – Monday evening, 7.30 pm to 9.30 pm **(full)**
- 6th Oct to 15th Dec: Spiritual Dev. Term 4** – Tuesday morning, 9.30 am to 11.30 am **(full)**
- 8th Oct to 17th Dec: Meditation Term 4** – Thursday evening, 7.30 pm to 8.30 pm **(full)**
- 9th Oct to 18th Dec: Meditation Term 4** – Friday morning, 9.30 am to 10.30 am **(2 places left)**
- 24th & 25th October: Reiki Level 2 Cert. Course** – Sat & Sun, 10 am to 4 pm **(2 places left)**
- 7th November: Women Nurturing Women** – Saturday, 10 am to 5 pm **(places available)**
- 14th November: Past Life Workshop** – Saturday, 1 pm to 5 pm **(places available)**
- 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 **(1 place left)**

Taste of 2010: *new* workshops to come (dates to be advised)

Meditation & Spiritual/Personal Awareness Day

Meditation, Psychometry, healing, lots of fun, laughter and story telling, as well as the opportunity to be with like-minded people as we open to share about our spiritual and personal journeys and experiences.

Intuitive Art workshops – Psychic Art Drawings

Facilitator Wendy Ishewe-Clark – 4 hour workshop where you will learn to draw your own guidance.

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

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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