



Reiki Inspirations

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

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

Welcome Everyone,

I would like to take this opportunity to share in the 'Christmas Spirit' and thank you all for supporting me in my business and through reading my newsletter. It has been a pleasure and privilege to share with you and I wish you and your families a safe, healthy and happy 2010.

In the spirit of sharing for the last time in 2009 I trust that you will enjoy reading my newsletter.



Inspirational quote for today...

**Deep listening is miraculous for both listener and speaker.
When someone receives us with open-hearted, non-judging, intensely
interested listening, both our spirits expand.**

Sue Patton Thoele

This is all too much.....

For many Christmas and the New Year celebrations can be a difficult time; a reminder of loved ones lost, families separated, and those feeling isolated as they watch as many enjoy the benefits of being with *their* loved ones, some in their own homes. It could also raise the awareness of financial limitations, personal, social and family expectations etc.

Looking through these eyes; this time of year can be filled with heartache, grief, loss, abandonment, isolation, anger, frustration, vulnerability and exposure.

For those who can relate to the above and have walked in these shoes I wish to share some words of comfort and some ideas of what you could do throughout this time. For those who have not experienced the above I ask that you also read the below as it may help you to understand with compassion someone around you. I often hear from clients how friends, colleagues and family say, 'get over it, it has passed, time to move on'. I assure you that is easier said than done!

Some ideas which may assist you through this time:

* Breathe, sit down with a pen and paper or a trusted mate and get everything into perspective. Sometimes when we open to communicate we take the pressure off the mind and body to empower us to see!

* Nurture yourself and take time out whether it is a couple of hours to walk in the park and reflect or meditate, a yoga class, or receive a massage, reiki or some other indulgence. Whilst in this

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experience allow yourself to let go of stress and breathe in the recharging energy of nature or think about all of the people and animals that support and comfort you and allow this vibration to uplift you and penetrate into your core.

* Know that when you feel reconnected, grounded, anchored the very things that upset you may now seem less important.

* If you are grieving a loved one you may like to light a candle and allow yourself to reflect, honoring your time with your loved one. Then, give yourself permission to engage with others on this day, for not only may they need it, so might you.

* For those of you who are on your own at Christmas, you could do what I have done for many years and that is say 'yes' to invites from friends. Yet if this doesn't feel right, understand that sometimes when we are with other families it can accentuate the loss of not being with ours. Accept that this is okay and give yourself permission to honour those feelings.

* You could instead treat yourself to some good food, some fun dvd's and sit and enjoy your own time in your home/sanctuary! You can pretend to be a teenager, on your own for the first time, surrounded by all of your treats, nobody to tell you what to do and loving every minute of it. Remind yourself it is only for one day and you will survive it, as you have done before.

* You may also wish to invite others who are on their own to share the day with you, choosing to create a family for the day. We did this a couple of years ago and had a wonderful time.

Whatever you do, please be kind and gentle with yourself, know that this day will pass and a new day will begin. Remembering that you really are never alone for your thoughts will always be with you. Be mindful and know that you have control over these thoughts. If you feel overwhelmed by negative thoughts, do an activity to put you in the moment, anchoring you, where your thoughts cannot take over or phone any of the Advice and Assistance hotlines in the front of your phone book, because talking with someone may be helpful.

If you are a family member, friend or colleague of someone who is struggling throughout this time. Please be respectful, listen to them, don't try and fix it, accept and allow them their space. Yet remind them that you love them and are there for them.

I know, you can feel quiet powerless in this situation yet understand that it is okay to be affected by their struggle and honour your own feelings at this time, seek help if you need to. Most of all keep yourself healthy in mind, body and spirit so that you have the energy to be compassionate, have clarity and awareness. It can be one of the hardest journeys to take when you have to watch someone you love be in pain yet it would be difficult to be there when they need you if you have no energy left to give.

Remember that it is not a weakness to seek help it is strength, it takes courage! If this was about a work situation most people would have no trouble seeking advice, strategies to ensure success and harmony within the work place and future of the company. These would be seen as 'good business sense' and encouraged, yet amazing how we often don't apply the same courtesy and wisdom to our personal lives.

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It's Christmas again

It's Christmas again, where did that time go?
There's a hole in my heart, though no one would know.

Strangers see me walking and talking like normal folk do.
But they can't see what's inside, a heart that's broken in two

I share in the songs and I try to hide my pain.
Even if I told them of it, what good would it gain?

Sometimes I tire of the pity or the 'oh sorry' they say. Their life too could change in just one day

When I go shopping Christmas cheer does abound.
I wish I could avoid that Christmas carol sound.
But I try to put on a smile so no one can see
That this time of year is painful – is it only for me?

Yes I will celebrate Christmas with all my heart
I'll eat the roast dinner, plum pudding and the Christmas tarts
And so few will know the pain that I feel or the ache that just stays
Because sometimes it is not just Christmas, but most of my days

Written by Robyn O'Connell
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Reiki Inspirations will be closed on Friday 25th December and will commence back on Monday 4th January.

I hope you have enjoyed reading this newsletter and seeing it in the new format. If you have trouble reading it please to go to my website, the link is below as it is available in pdf format.

I am happy for you to share this newsletter 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

2010 Workshops, Courses and Term Classes

Please go to – www.reikiinspirations.com.au

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