



Reiki Inspirations

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

Maria Lacey's Newsletter – March 2010
www.reikiinspirations.com.au

Welcome Everyone,

2010 is well and truly here and the month of March is now upon us! The children are back at school, classes and courses well into the term and businesses are well into their third quarter. So much and so quick you almost need to stop and take a breath ☺

In the *spirit of sharing* please enjoy reading my newsletter and feel comfortable sharing this with others if you choose.



Inspirational quote for today...

**You can't light a candle to show others the way
Without feeling the warmth of that bright little ray**

**And you can't give a rose all fragrant with dew
Without some of its fragrance remaining with you**

Author unknown

Lake Epiphany

In recent times there have been many earth changes, including the earth quakes in Haiti and Chile and floods in Peru and Queensland. Please send healing and loving thoughts into those areas to assist all involved.

Along with the physical earth changes there is a vibration change within the collective consciousness. So much is awakening within the human spirit and people are making life changes, sometimes through choice and others through circumstance. Speaking yesterday with Koro (my friend and mentor in New Zealand) he shared with me that I am *'Facing my moment of Truth'*. Many of us are being confronted by what is really important. Are you honouring and walking your truth? It can be a little scary, as your faith and belief systems are tested.

For some their whole world appears to have turned upside down, it can be an emotional time as if we are being confronted to face what we deny. Yet many who choose to stop and listen, not to others or the habitual mental internal dialogue but to their own *inner calm* self, are finding the freedom and excitement of releasing the old as the new awakens within them filled with possibility and growth. Many are seeing small miracles occurring within and around them as synchronicity starts to play its part as we accept and move through this time of growth and ascension. What first appeared to be crumbling and disappearing now appears to be solid and strong filled with hope and meaning.

Below I have shared a story that is assisting me to maintain balance and bring simplicity into my life as I go through, feel and experience these changes and I trust that what is shared will bring insight for you in your journey.

Has something ever happened to you in the moment that you felt as if a 'light bulb' had just been turned on? Have you ever been in the middle of a conversation and you notice that you are observing your thoughts, words and actions and all of a sudden it's as if a piece of a puzzle has just fallen into place? In that moment there is clarity and understanding.

January 2010 I decided it was time to get myself fit. I have a goal as I'm off to Peru in September and there will be many steps to climb and adventures to experience. When I made the decision I shared this with some of my friends, Charlotte decided that she would like to join me and enhance her fitness; we walk four mornings per week. Liz also wanted a walking partner so together we walk two mornings per week. Once a clear decision is made the Universe kindly supplies and you know you are supported, especially on mornings of lightening, thunder and torrential rain, and for some reason the area you are walking is not affected by the rain and you feel completely protected on your journey as the lightening storm passes by.

Charlotte and I began our walk around Lilydale Lake. We had to get up early to ensure that we were back in time for our work commitments. It has been a journey; first getting up in the dark and trying to find your clothes wondering, 'what am I doing?' Once you have washed the sleep from your eyes and you can see clearly again, you realise it's not that bad! Either I jump in my car, headlights turned on and go and pick up Charlotte or I wait outside in the silence of the morning with the glow of the street light and breathe in the fresh air and wait to see the headlights as Charlotte pulls up and I jump in.

We start our walk around the lake, it is still dark, yet there are street lights along the pathway which partially light our way and when the moon is full we are guided by the moonlight, it is magical. When we first started we talked and laughed and focused on our goal to get around the lake twice in a certain amount of time.

Yet something happened and we started to notice so much more! We realised there were rabbits sitting tall and watching us and as we came close they turned around with their fluffy white tails and scuttled away. First you would only notice one, but hiding behind clumps of grass there would be a whole family as they followed. Then there would be the water birds, a duck would swim silently through the calm water and you could see the wake as it moved easily through. As the sun started to raise you noticed the mist on the lake, Charlotte imagines we are in a scene from King Arthur and I feel that we are in Scotland waiting for the Loch Ness monster to rise up and grace us with its presence. We give each other a smile of encouragement as our imagination bubbles, something I hadn't felt for a while as I get in touch with the child within.

We see a little marsupial, we still haven't worked out what it is, larger than a mouse as big as a rat yet it sits comfortably on the side of the walk way, eating happily and not phased one bit as we stride along. We look in amusement, making up stories about what it is thinking about us. Sitting on a post nearby two small blue birds happily watch us as we walk by, their colour brings feelings of happiness and puts a skip in our step. Everything has changed, nature's beauty and richness is enhanced, we feel and expand our breath as we walk and talk, each of our senses taking in the experience in this moment. Our body is relaxed even though we are walking fast, we feel our back extending upwards as if we are straightening and getting taller, it's amazing!

We have renamed Lilydale Lake, *Lake Epiphany* because there have been many times that answers profoundly have dropped in, a 'light bulb' moment. We don't talk about getting fit anymore we share how we are **nourishing our soul** as we breathe and experience being in the moment, aware and open. I now understand through life's twists and turns how we can lose the connection with the very thing that inspires and nourishes us, something so simple, yet invaluable.

As we jump back into our car, wind down the windows because they begin to fog up through our body heat. We drive off and feel the breeze noticing the coolness of the perspiration running down the back of our hair, faces and back and we feel ALIVE!! This is no longer about fitness and timing, it has become about '*living in the moment*'.

With gratitude, I silently thank *Lake Epiphany* and all of her inhabitants for sharing.

If you would like to contribute, please email or phone me, as I am always delighted to hear from you.

Many blessings, Maria