



Reiki Inspirations

'Treating you as a WHOLE person'
Maria Lacey's Newsletter – September 2006
www.reikiinspirations.com.au
ABN NO. 50 362 260 939

Welcome everyone ...

September already! Between you and me, I am certain the days and months seem to be flying a lot faster than they used to. I remember when I was a child and as I awaited a celebration such as Christmas or a friend's birthday it seemed to take FOREVER to get to the day, and I remember my grandparents saying, "don't wish your life away because one day the time will go so fast that you will stop and wonder where the time went and realise that you just can't bring it back." Hmmm I didn't believe them nor 'get' what they were going on about, and now as I have grown older and hopefully wiser I understand. ☺ Let me share with you a thought that came to me tonight while writing this:

"May you cherish each new day and may you gain wisdom from the experiences of yesterday"

THE COURAGE TO 'ACCEPT' THE GIFT OF 'HELP'

Recently I had surgery and due to the wound had to have a drainage tube in my back for one week. I remember asking the specialist how long would I be off work and his answer was about one week. So, I took him literally and went in for surgery on the Monday and the following Monday booked myself full with clients expecting to be up and running. Well, as you can imagine I wasn't. That Monday was when the drainage tube would be removed and of course the unexpected happened I still felt very tired from the anaesthetic. Now let's go back to the time I was at home in recovery, no even further than that, let me take you back prior to the surgery just after I had seen my specialist and share with you my journal entry on that day.

"I was surprised today to feel an overwhelming release of emotion and tears. I just sobbed, mind you a little dangerous when you are trying to drive and the tears just keep flowing. The friend who recommended this specialist to me didn't realise that she had just done something wonderful for me and I feel so GRATEFUL. I truly felt supported and cared for!" Thank you Layne.

How many times do we feel we are on our own? How many times have we been too proud or embarrassed to accept help? How many times do we have to be a 'pillar of strength'? What if someone sees that I am vulnerable? Am I worthy of their kindness? Why can't I ask for help?

Interesting, lets divert our story for a moment to many years ago when I was sick with pleurisy and had two children sick with a viral infection, a girlfriend knocked on my front door, and as I opened it I passed out. As I came to I found her in a terribly upset state and was talked into going to the doctor. I remember during that whole process, Lisa who was an incredibly patient and loving friend, started welling up with tears and I could feel her anger as she asked this question, "**How do YOU feel when you help others? I answered wonderful. She then stated, how dare YOU take that away from others who deserve to feel that same feeling?"** I was shocked! I felt terrible and quite selfish, I had never thought about it in this way.

Maria Lacey

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Now back to the original story. During the week that I rested after the operation, I accepted the support by many of my friends and students and I accepted graciously the gifts of soup and flowers, and enjoyed the opportunity to sit and just chat. You see, through the experience with Lisa, I am now happy to share this gift and I know there are times that I feel those old feelings of being unworthy. I stop, shake myself and I remember. ☺

Thank you all....

BOOK REVIEW:

SOME THINGS I MIGHT NOT HAVE TOLD YOU... but you might like to know

Author Robyn O'Connell, Civil Celebrant and Grief Educator

When someone dies, there are difficult decisions that have to be made. Most people don't talk about them and, while this is not a will, it does give you the opportunity to tell your family: who you would like to conduct your funeral, what you would like at it and whether you want to be cremated or buried and where.

Finding that children knew so little about their parents' lives, this booklet was designed so that you can tell your children what it is that you are proud of achieving in your lifetime and what you wish for them, but it is important that they know it exists – tell them!

Death especially our own is such a difficult thing to even contemplate but I found this booklet a wonderful way for me to communicate to my family and to place with my will. For when I do leave this life I would like to take away the heartbreaking decisions that my children would have to make and thus ensuring, hopefully, that there is no further stress on them. A valuable tool to have!

Can be purchased through me for \$5.50

2006 WORKSHOPS & COURSES

21st & 22nd October – Reiki Level 2 Certificate Course

18th & 19th November – Reiki Level 1 Certificate Course

3rd October to 12th December – Tuesday morning Spiritual Development Class, 9.30am to 11.30am each week for Term 4 (2 vacancies available)

10th October to 21st November – Women Nurturing Women - 6-week personal development course. Tuesday evenings, 7.30pm to 9pm

For further information on these and other workshops and how to book in, please go to www.reikiinspirations.com.au or phone 9727 2581.

Please feel free to share this with any of your friends and I look forward to your feedback and presenting you my next Newsletter.

Keep happy and smiling, Maria

Your thoughts:

Hi Maria, Thanks for the newsletter, the content is so relevant much of what I struggle with and often let get the better of me. It's nice to receive some positive and useful information through email for once! Thanks again and take care.

R.B.

Thanks for sending these to me Maria. I especially liked that you pointed out that negative beliefs are a learned behaviour, and can be unlearned... I have a bit of work to do!

R.C.

Thank you Maria for sending me your newsletter. You have said in it exactly what I tell my clients, guess we are on the same wavelength, keep up the great work.

J.C.

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