



# Reiki Inspirations

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

Maria Lacey's Newsletter – July 2010  
[www.reikiinspirations.com.au](http://www.reikiinspirations.com.au)

## Welcome Everyone,

Great to be sharing with you once again!

If you have been reading my blog you would have seen that I have had surgery in recent times and I took some time off to recover. I am glad to say that I am healing well and enjoying being back in the saddle and doing the work that I so passionately love.

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



## Inspirational quote for today...

*Mindfulness means paying attention with flexibility, openness, and curiosity*  
*Russell Harris*

## Taking time to 'pause'

Recently I did some professional development. This was a practical workshop in mindfulness (Acceptance and Commitment Therapy). A technique we were taught whilst doing this workshop was to 'pause' and to check in with what our mind was saying and how our body was feeling.

Wow what an experience, this in itself reinforced this therapy yet I realised how valuable in our everyday life this 'pause' could be used to check in with our mind, body and spirit. It also highlighted to me how we can drift off into all sorts of thinking, not always benefiting us in that moment. We consistently ignore signals from our body when it is in pain, and when you feel tired or wired, yet we push through coloured by belief systems like; suck it up, your lazy, you're not doing enough unless you feel the pain, come on move through it.

If we continue to ignore the *natural signals* that are so important for our health and wellbeing, after a while we lose touch and don't recognise those signals anymore. To take a 'pause' is like taking a deep breath, whilst recognising in that moment what our mind is saying, and how our body is feeling. It's like being in a moment of reflection!

For me, I have been purposefully putting into my day, a number of 'pauses' and I have realised that my mind never switches off and how sometimes my thoughts can be stuck like a broken record, going over and over again on the same thing, it can be so draining. I have also taken note

of how my body is feeling and remembering to be the *observer* and notice when it needs to be nurtured and rested, time to meditate, exercise, nourish with food etc. I have chosen to act upon those signals and am finding my energy levels are increasing. By purposefully putting in 'committed action' my day is so much more productive and happier. I don't berate myself, nor fear the struggle or the future, it is what it is and I bring myself into the moment and then feel a real sense of freedom, because I am now paying attention with flexibility, openness and curiosity.

I trust that you too will take a 'pause' and enjoy the benefits it brings.

### **Women Nurturing Women**

One day personal development workshop

**Saturday 7th August, 10am to 5pm**

- \*Understanding what boundaries are and how important they are in your life
- \*Learn how to clear your energy & create your space
- \*Enjoy meditations to relax and re-focus
- \*Take the wheel and move confidently forward with ideas & strategies to assist in your daily life
- \* Talk about rituals – the benefits and intent

For more details go to [www.reikiinspirations.com.au](http://www.reikiinspirations.com.au)

**For an update on workshops, courses and services please go to my website for further details.**

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

Many blessings, Maria