



Reiki Inspirations

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

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

Welcome Everyone,

Isn't technology wonderful!! I am sitting here in my beautiful garden, surrounded by purple and cream flowers with a backdrop of green leaves. My garden has flourished so much with the spring rain. I take a deep breath and feel an incredible amount of gratitude as I enjoy the sun and happily write my newsletter to share with you.

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...

*I love my body,
My body loves me,
We listen to, and support each other
We are in harmony and balance..... Maria Lacey*

Peru called and I answered... five years later!

Many of you are aware that I have recently returned from Peru. What an amazing country, with the most beautiful, open and generous people. Someone asked me the other day, "what were the main highlights?" It stopped me for a moment, as I pondered, because there were many wonderful experiences; in fact the journey in its entirety, including the many people I met on the plane, in the airports, in hotel lobbies, the streets, in the group that I connected with, as well as the land, the energy, the emotion, the animals, the people, the food (oh my goodness the food was incredible), it all created the whole experience. Wow, to choose only one or two highlights I really had to think.

Another thought crossed my mind, "how can I share the feeling, and not dilute it? How can I describe it best in words?" Smiling, I suppose the only way I know I can, and trust that you will feel the energy, emotion and delight of this small part of my journey.

Those that are in my groups will know why I was led to Peru in the first place. It began five years ago when I first met a Peruvian Shaman. Now this meeting wasn't in person, it was spiritually, now its okay, I am not going crazy.... When he first visited me I was sitting in my garden admiring my large gum tree in the backyard. Then all of a sudden this man was in my face, I could see him so clearly, mind you, he was a pretty scary looking dude! Over the next little while I saw him at

different times. It is amazing how signs can come in to encourage the journey further; I would turn on the television and there would be a program on Peru, walking through my local shopping centre and there would be a sign advertising Peru, then I would be chatting to people and they would out of the blue, so it seemed, mentioned a friend was or had just come back from Peru. Okay, I get the message, yet I wasn't ready at that time to take the next step.

Five years later and now back from my journey. Did I meet this Shaman in Peru?

We were on our way to Puno and Lake Titicaca, and many in the group were now starting to feel the altitude. We had just visited the Sillustani Funeral Towers, which is over 4000 metres above sea level and one of the guys on the trip was feeling quiet ill. We had to make an unexpected stop in a local town. We all got off the bus and I was outside having a good stretch, with my arms raised and back and my chest pushed out and all of a sudden this Peruvian man comes up to me, by the way, right into my face and says something to me in his language and then walks away. It gave me quite a shock I must say, and yes, there were people that saw him, so not a figment of my imagination ☺ I just shook my head with amusement as I watched him walk away. Ten minutes later I look to my right and see him standing only a couple of metres away and he looks right at me and smiles, I remember connecting with his eyes and thinking to myself, "I know him" and then right in front of my eyes he disappears. You would think seeing someone disappear in front of you that it would click! Oh no, it was a couple of days later I realised this was the Shaman that had been calling me, and of course, we met exactly as it had been playing out at home. Momentarily, I felt a sense of disappointment that I didn't get the opportunity to really sit and talk with him, yet there was a higher aspect of myself that knew it was okay and whatever he said would come to me when I was ready to hear it.

Since coming home, I have felt incredibly grounded, and my energy feels further integrated and balanced. You see, when you choose to work with energy, there will be many personal shifts, challenges and changes in your life. As a teacher and practitioner it is my path to continue to grow and evolve so that I may continue to be of service to others whilst always honouring myself.

**If you are interested you can read about this trip further in my blog, including seeing photographs. I will continue to add more photos as the weeks go on - www.reikiinspirations.com.au/marias_blog*

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

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

Many blessings, Maria