



# Reiki Inspirations

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

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

## Welcome Everyone,

I would like to take this opportunity to 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 *Merry Christmas* and a safe, healthy and happy 2011.

Below is a poem by Joy Drake; I received this in my letterbox anonymously many years ago. As I started to read, I thought how does this person know me? The message in the poem was exactly what I needed to hear at that time, and as tears fell I realised what a great gift. I trust you too will enjoy the message and something will resonate with you.



## Inspirational quote for today...

*Christmas is not in tinsel and lights and outward show. The secret lies in an inner glow. It's lighting a fire inside the heart. Good will and joy a vital part. It's higher thought and a greater plan. It's glorious dream in the soul of man.*

*Peterson, The Art of Living*

## Beyond Our Lines – by Joy Drake

This is what I want to do...

This is exactly how I want to live my life

Consciously taking risks and having a good time doing it

Expanding my total presence without embarrassment or denial of my power, your power, our power, the Divine power – in this moment.

Putting everything right out here on the line, and then daring to really be myself.

Choosing to step beyond the lines I know and love so well, and deliberately risk everything I've built up this far to keep myself comfortable.

Not just once a workshop, once a week or once a day

But over and over and over, again and again, until I experience my full potential as a soul, as a teacher, as a woman, as a transformer.

I want to live this life – my life – to the fullest, and continually stretch and relax my boundaries to include more.

Amongst other things I want to experience an unplanned moment! As unpremeditated, unanticipated, unexpected, uncontrived, uncontrolled moment.

And when it happens, I want to recognise it!

Let go, open to it, and release my pictures of what the successful moment looks like, and of how I should perform within that moment.

And simply surrender and trust my unknown abilities, and let my spirit rush into that space and show itself. Fully, authentically, magically, miraculously, splendidly, wonderfully – the works!

And I want to BE substantially different as a result.

I expect that moment to make a difference to the rest of my life, and I want there to be a difference in the world because of the choices made in that single moment, and, since I don't know when that moment's coming.

I want to experience all moments as possible entry points – just in case this is IT!

And stay conscious and be present to myself, to you, to what's happening now.

I want to see clearly whatever's going on and respond to it.

And I don't want to feel like I'm doing this on my own. I want friends to help.

I want to feel close and touched, loved and empowered by the Universe's living grace.

So that together we can celebrate our full power as women making a difference, together we can celebrate our full power as men making a difference.

And together we can apply our spiritual passion for life... and build a planet of light and transformation which really works within our lifetime.

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

**Merry Christmas and many blessings.**



**Maria**