



Reiki Inspirations

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

March 2011

www.reikiinspirations.com.au

Welcome Everyone,

As you are aware there are many natural disasters both here and overseas. Let's send a beautiful golden energy to surround every living being in those areas that have been and continue to be affected by these natural disasters. Let's also send this golden energy into Mother Earth to encourage her to open her heart and to nurture all. Understand that Mother Earth is no different to us and sometimes she also needs our encouragement and support.

For those of you who are reading my newsletter for the first time, I trust that you will find something in the spirit of this newsletter to assist you on your life's journey.



Inspirational quote for today...

If you do what you have always done, you will get what you have always got!
Yet if you recognise this moment and change something small, you may just change the outcome! Remember knowledge is **POWER**..

The gift of writing in a journal

Writing in a journal allows you *in private* to empty your mind share your emotions good and bad and gain a prospective of you! It is confidential without the concerns or worries about the cause and effect of sharing your private thoughts with others.

Writing allows you to connect to your deepest truth even though there is some exterior stuff to flow through first. Understand whilst you are writing in your journal that you are tapping into you, yet you are also tapping into a greater awareness, some may call your *Wise Self* others your *Higher Self*. Allow this process to uncover who you are being at this time as you gain clarity within.

The mind is a part of the physical body and the body stores memory within each and every cell; this is activated and called upon in every moment. New memory can and will be created providing you are open to new experiences, and this is when you can **recreate** experiences based on the existing cellular memory. To change this is to recognise the pattern and then change it consciously. Often we can see patterns in others yet have difficulty recognising them in ourselves due to the fact that we are always looking outside of ourselves.

To change this is simple. We have to STOP and go within to understand, see, feel and experience being 'heard' in the privacy of our own sacred space.

Writing in your journal assists with this process. Rather than the mind being a negative and draining component in your life as it constantly talks, worries, goes over and over situations and conversations causing sometimes anxiety and stress. Through journaling you may find yourself flowing into fuller feelings of acceptance, understanding and peace.

If you notice this transition within you, stop writing and allow yourself to feel the warmth within, as you connect to your *inner power* and ignite your *inner knowing* (God Self). This will automatically start the process of change within your cells.

In other words, the writing brings everything to the table, and then allows everyone to be heard (mental processing). Then the feelings come through connecting you to a greater awareness. Then your spirit opens to know that you have been *heard*, allowing the love and light to connect you further to your truth and the Universal truth. Consciously a sense of relief may take place as your cells begin to change and you feel a little lighter and less burdened. With constant commitment to your own personal and spiritual growth, in time, you may see your old patterns falling away as new patterns emerge for your highest will and good.

Please note that a journal does not take the place of counselling or seeing your Health professional, yet it can be your *companion* throughout this process and of course in your daily life. A journal can be helpful for adults as well as children.

Tip for the month

Anchoring and stopping the mind chatter..

Imagine a 'sparkler' lit and you can see all of those sparks going off in all directions. This is just like our thoughts at times. Eventually the sparkler will fizzle away to nothing. Just like the thoughts *draining* us for it is so tiring.

This is a *mindfulness technique* that you can use if you find that your mind will not stop. Place your hands in prayer position and push together. Not hard, yet enough so that you can feel the tension in your muscles. Notice your mind, you will find that you will start to search for a thought. Yeah! This process gets the attention of your brain which will need to investigate what is going on taking away the attention from your thoughts. In other words the mind and your thoughts will no longer have *power over* you, and instead of draining, it will return that energy to you.

I know a number of my clients have used this and find it very helpful. Trust that you do too ☺

For an update on workshops, courses and services please go to my [website](#) for further details.

Many blessings, Maria