



Reiki Inspirations

Healing and Counselling Centre
Enjoy being treated as a **WHOLE** person

May 2011

www.reikiinspirations.com.au

Welcome Everyone,

Recently I have been stopped by two bulging discs in my lower back. I am healing well and back at work today and thank you so much for your loving thoughts and generous offers over the past couple of weeks. I feel truly supported and encouraged by your generosity and kindness.

Please read below my article 'Awakening and expanding consciousness', which has been inspired by my inactivity and pain.

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...

Approach life not through expectation, but with **anticipation!**

Awakening and expanding consciousness

One of the very real things about pain is that it brings you very much *into the moment!* Your awareness is focused completely on the pain, it is very easy to be overwhelmed by it, and I have an authentic appreciation and empathy for those who are in chronic pain all of the time. Thank goodness mine is only temporary 😊

Due to my body being very sensitive to drugs and after a night of vomiting, I chose not to take anymore of the anti-inflammatory and the pain killers. This decision meant that I had to find an alternative, so I walked outside into my garden. If this pain meant that I couldn't think any further than the NOW, then I was going to gain something good from it.

I love my garden, Annette a dear friend of mine has been its caretaker for some time now, and it is lush, vibrant with colours and the sounds and the playfulness of the birds capture my heart and attention. I found myself really noticing everything within my sight, the spider webs in their glory as the sun shines allowing you to really appreciate the work that has gone into them. The butterflies and how their delicate wings support them as they happily fly around. The different colours of green, it's hard to imagine that there are so many shades. Each flower and its beauty and structure, and when I had to stretch my back, I would raise my hands up into the air and I would be awe-struck by the clouds. Their shape, colour, some of them even looked illuminated

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against the blue sky. It made me smile as I felt a sense of calmness flow through me and my breath seemed to expand within me. Previously I was apprehensive of breathing deeply due to it causing me more pain, whilst in the magic of being fully in this moment, my breath comfortably expanded.

Over this past three weeks walking into my garden has become a daily ritual. I have also sought acupuncture, Chinese herbs, osteopathy and I have asked for and accepted Reiki healing from my students, and continue to give myself healing throughout the day and night.

Don't get me wrong, there was a day last week where I awoke feeling agitated. Sick of being in pain, sick of seeing things in my home and garden that I could not (or should not) move, fix or clean. Sick of not being able to *do*, yes, how quickly *old patterns* rise when you least expect them. Those *guilty* feelings of not being *busy*, the *inner headmaster* telling you to *work hard, push* through it. Yet the **wise woman** in me knows that balance is the key and it is important to listen to my body and notice my surroundings, for then I will truly be connected and in harmony with my inner and outer world.

There was another day that I awoke in the morning and I felt *free*! It is hard to explain, but I felt like, 'I no longer needed to just survive' that I could be, experience and have whatever I chose, and this felt grounded into the earth as if it was now part of my foundation, strong and rooted. Previously I had come to a place of feeling happy with myself and loving myself aesthetically and as a person, yet in this moment, I really connected to the deep love within me, the *inner God/light*. I understood on a deeper and stronger level the importance of **loving myself more** and there was no guilt from past conditioning, I felt empowered with a sense of peace and comfort.

In December last year John a good friend of mine asked me this question, "what do you desire and deserve in life?" I sat there unable to really say anything because I felt I had everything and as I thought about this, another part of me realised that I was limiting myself, fearful because I had come to the conclusion that 'as long as I survived, it would be okay'.

As you can tell, this time has been very important for me and I am enjoying writing and sharing this with you, smiling, I often share that '*I teach what I am learning*', and I trust that you will understand that adversity can often bring great blessings and by going within and really touching your *inner God/light*, you can awaken and expand your consciousness!

As you open to share in the spirit of love and light and work through your heart with a *knowing* that what you *desire* and *deserve* will come to you. Miracles do occur!



Remember magic happens when you least expect it!

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

Many blessings, Maria