



Reiki Inspirations®

Healing and Counselling Centre
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Welcome Everyone,

Today my windows are open, the sun is shining, there is a light breeze and it is a little cool, reminding me that there are still remnants of winter yet you know that the season has just changed from winter to spring.

The garden for some weeks now has shown signs of spring, with the flowers blooming, nature has a wonderful way of highlighting that *change seems effortless*, everything happening in sync, every flower, seed, animal, bird, insect all knowing what they must do as everything sets in motion.

Please read below my article 'Can *Nature* be our guide?' a look into how connected we really are.

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...

Keep an untroubled spirit, look things in the face and know them for what they are.

By Marcus Aurelius

Can *Nature* be our guide?

So many people at this time have colds, flu's, and other viruses. Many have been finding it difficult to maintain and restore their energy. Feeling a sense of emptiness, lethargy, disconnected from themselves and their environment. Frustrated and asking, 'what is wrong with me?' Fear can often set in, the mind wanting to have a reason and understanding of what is going on, often connecting us to past experiences.

The seasonal *Change* is occurring yet one feels *out of control!*

Many of us have created a *constant season* within our homes and work places. Heating, cooling and lighting keeping our environment at the same temperature and length of day as we elude ourselves of the natural lead up to the change of season. Many find themselves dressing for summer when it is winter due to your workplace or home being so warm and then when we go outside we are shocked to feel the bite of winter flowing through us, *layers* is the new way of dressing.

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Many find it difficult to deal with *changes in our lives* yet I wonder sometimes, “Is it because all of the *natural indicators* are no longer *highlighted* in our lives such as eating seasonal vegetables and fruit?” Fruit and vegetables are available all year round and some of us have become completely unaware of what is really in season anymore. As discussed above we *control* our temperature and the light in our homes and offices, “do we allow ourselves the opportunity to restore our energy, to accept change and flow naturally within our own personal cycles as well as recognising our connectedness and partnership with nature?”

For example in the winter we have shorter days. It is cold and it is natural for us to put on some weight to keep ourselves warm. We eat warmer and more foods to nourish and sustain us, we have the opportunity to go to bed earlier as it is dark, allowing the body to digest and replenish. Yet for some reason we ignore this and put our lights on in our homes and offices, we continue to work the long hours and wonder why we have difficulty with clarity, concentration and our health as our bodies crave the opportunity to rest and replenish.

Recently this was highlighted to me when I went to Thailand. In Chiang Mai it was very humid and hot, especially coming from our winter. I got off the plane and walked fast and focused, looking for my driver and the sign that would say my name. When I stopped I noticed I was breathing harder, my body was perspiring and my face felt red and hot. My driver arrived and I must have looked a treat 😊 by the time I got to my guest house, I just wanted a cold drink, a shower and rest. I felt exhausted and assumed it was jet lag. As the days went on, I really started to notice how I had slowed down as I walked this beautiful ancient city. I also noticed how happy the locals were, they were never in a hurry and always pleasant. I observed fellow travellers who were passing through Chiang Mai. You could see them with their maps, as they rushed from one Temple to the other, from one tourist location to the other. They perspired profusely; they looked tired, drank copious amounts of water, ate the beautiful food and jumped on the local transport when they could. All often in a hurry wanting to ensure they didn't miss out on anything whilst they were visiting.

I noticed that I awoke early as the sun rose. I meditated before breakfast as they didn't start serving until 7.30am and I ate mindfully enjoying every morsel. I collected my bottle of water and slowly walked this great city, visiting Temples, talking with tourists and locals alike, stopping on a seat by the side of the road taking it all in and writing, enjoying the benefits of being on holiday. I ate again around 2pm and because of the heat, felt no hunger only thirst so I drank water for the rest of the day and did not eat until the next morning. This wasn't done purposefully and I realised after I got home that I had detoxed and lost weight another added benefit of my trip 😊

When I arrived in Melbourne, it was cold and that weekend I felt the hunger so great that I ate an enormous amount of food and chocolate. I can say that I overdosed on sugar and was surprised that I didn't go into a diabetic coma (no I don't have diabetes). It reminded me how it must feel for us when the *change of season* seems to come upon us so quickly. My digestive system couldn't cope with the foods that I stuffed down and I ended up in terrible pain, along with bloating, shortness of breath and wondering, “What is wrong with me?” Very quickly I went into a state of fear, feeling the *change of season as abrupt and unkind*. I sat and meditated and quickly reconnected to me taking personal responsibility for my binge and realising how nature is such a

wonderful guide and teacher and how important it is for us not to fight what is natural, yet to flow within this cycle, accepting the changes and making small adjustments along the way.

I soon realised that I couldn't get up at the early hour I did in Thailand, firstly I felt exhausted and secondly it was still very dark. I didn't beat myself up, very quickly understanding that it was important for me to sleep longer as my body needed to rest. I adjusted and still fitted in my meditation at a different time allowing me to stay centred and connected. Yes back at work, yet ensuring that I went to bed earlier, I have slept like a baby, comforted by the darkness and the warmth of my doona. Bliss! Yet now, aware that the mornings are lighter earlier, as I awaken feeling energised and willing to make any adjustments for this new season.

So can nature be our guide and is our body, emotions and spirit so connected that if we noticed and listened and took action, we could flow and feel more balance in mind, body and spirit? Could it be this simple?

Smiling, I truly believe so.

By the way, I am no longer eating sugar and I love that my taste buds are reconnecting to the sweetness of our seasonal vegetables and fruit. Reflecting on this statement, I also feel that I am connecting to the *sweetness of life* and that makes me feel happy 😊

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

Many blessings, Maria