



Reiki Inspirations®

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

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www.reikiinspirations.com.au

Welcome Everyone,

I wish to say a very heartfelt *thank you* for your support over the past twelve months. May your Christmas be special in all ways and may 2012 spill over with happiness, for through this energy all else becomes possible.

For many it has been a year jam packed with highs and lows, laughter and tears, yet as one of my clients said to me this morning, "I feel like I have been going through a transition for the whole year" and I think that many of us can relate to this ☺

Please enjoy reading my last newsletter for 2011, and if you are reading this 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...

FAITH... You don't need to know *everything*. You just need to have a **KNOWING**.
Maria Lacey

Christmas – Ease the pressure!

This time of year can catch up on us very quickly to find that we have less patience, feel fragmented, stressed physically as well as emotionally and most importantly of all we can be stretched for time. Our environment at work and at home can seem chaotic and the people around us may appear unsupportive and insensitive to our needs. Even if you absolutely love Christmas or don't celebrate it at all - it is hard not to be affected!!

For some there can be times that you could pull your hair out and scream as the relationships and planning toward a happy family Christmas start to break down due to the priorities of your family, friends, in-laws and even work. For others who have lost loved ones, loved ones are unwell, or you are spending Christmas on your own, you may be struggling with feelings of grief, loss and isolation.

Along the way, you know within yourself that Christmas is about the spirit of sharing, caring and the joy of celebration and for many a chance for a holiday, even a short break due to the public

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holidays. Yet there seems to be a loose wire that disconnects you from your inner self, that balanced and knowing part of you that knows love, compassion, generosity, celebration and happiness. You know it, yet you just can't seem to re-attach it! Your body is aching for you to STOP and BREATHE and to get that soldering iron out and fix that loose wire with the intent that loving energy will flow effortlessly throughout you once again.

So why do we put so much pressure on ourselves whether that be emotional, physical or financial? Why can some of us feel so lost, isolated and experience so much sadness and frustration? How can we reconnect to the *spirit of Christmas*? Below I have some ideas and *in the spirit* I willingly share these with you in the hope that they may *brighten the light* that always surrounds you:

1. *Breathe out* and release the stress, sit down with a pen and paper or a trusted friend and put everything into perspective. Sometimes when we *open to communicate* we take the pressure off the mind and body to *enable us to see!*
2. Look after yourself and take time out whether it is a couple of hours to walk in the park, a yoga class, or receive a massage, reiki or some other indulgence. Whilst in this experience allow yourself to *let go of stress* and breathe in the recharging energy of nature or think about all of the people and animals that support, love and comfort you and allow this vibration to penetrate into your core.
3. Know that when you feel *reconnected, anchored and in your centre*, the very things that upset you previously, will now seem less important. Thus giving you more tolerance and patience with those around you as you share the *brightness of your spirit* with them and encourage them also to *reconnect*.
4. Each day ensure that you *check-in* and recharge and rebalance yourself regularly.
5. If you have lost a loved one, this time of year can be very difficult. You and your family may choose to write individually on a piece of paper one of your happiest memories with that person, describing it in detail and then placing it in a beautiful gift box. At your family Christmas get-together you could place your gift boxes in a basket under the Christmas tree and during the day sit around together and one by one place your hand in the basket, pull out a gift box and read what has been written to the rest of your family. There you can share your happy memories and tears in honour of your loved one whilst supporting each other.
6. For those of you who are on your own at Christmas, you could do what I have done for many years and that is say *yes* to invites from friends or you could instead treat yourself to some good food, a fun video and sit and enjoy your time-out in your home/sanctuary, reminding yourself that it is *only one day* and choose to allow yourself the space to nurture and replenish your own energy in preparation for 2012.

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



Merry Christmas and many blessings, Maria