



Reiki Inspirations

'Treating you as a WHOLE person'
Maria Lacey's Newsletter – November 2006

www.reikiinspirations.com.au

ABN NO. 50 362 260 939

Merry Christmas everyone and welcome to my last newsletter for 2006....

It has been an awakening couple of months for me with many experiences, some of them more challenging than others, but the exciting thing is that I am more accepting and consciously flowing with the choices I make. ☺ I trust that you too have come to a new place of understanding within you and hopefully my sharing in this newsletter will share a truth that will inspire your spirit ☺

Cherokee Wisdom

Two Wolves....

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two 'wolves' inside us all.

One is Evil – it is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is Good – it is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

DO YOU ALLOW YOURSELF TO 'FLOW' IN YOUR LIFE?

Interesting thought, yet this is the very thing that can create a good or bad experience both physically, mentally and spiritually. For example, there are many who desperately (especially this very busy time of year) would love to calm their mind and body and be able to meditate and just BE. Yet every time they try, that chatter box gets louder and louder and louder and their body continues to move and struggle as it resists being still and quiet. Why? Are we trying to CONTROL and HOLD ONTO, rather than acknowledge, let go, BREATHE and just FLOW? Do we realise that when we resist everything becomes magnified and blocked!! Noises are much louder, the mind becomes irritated and the body reacts accordingly. The point I am wishing to share is, rather than a beautiful **abundant river forever flowing**, we are constricting the flow by damming up the river with old logs (control, fear, past experiences, learnt behaviours, future concerns). Remember a time in your life that everything seemed to be so overwhelming, you felt paralysed by your thoughts and feelings; you couldn't see clear as to how you were going to get through this time. YET you are testimony today of that very survival – YOU ARE HERE AND YOU DID GET THROUGH! You made those logs into a life raft and you travelled and flowed down your abundant river, seeing clearer and clearer as you went until that very experience became a distant memory and you again were back in harmony and alignment within yourself, your environment and the Universe. REMEMBER ☺

Maria Lacey

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DVD REVIEW: THE SECRET

Wow what can I say!!! This amazing DVD gives you a wonderful visual and auditory presentation about the 'Law of Attraction'. It is hard to put into words the expression of 'Yeah got that' and 'oh, that now makes sense.' This DVD shares the secret of creating joy, health, money, relationships, love, happiness.... Everything you have ever wanted. It is REAL, honest and has some of the leading scientists, authors and philosophers sharing their stories and how it changed their lives.

I have shared this DVD with some of my classes to hear back some wonderful evidence of putting into practise 'The Secret'. Google 'The Secret' and check out the reviews for yourself.

Reviewed by Maria Lacey

To purchase online you can go to www.wildlywealthy.com - AUD\$48.95 plus \$7.95 postage/handling

2007 WORKSHOPS & COURSES

13th & 14th January – Reiki Level 1 Certificate Course - \$250

6th February to 27th March – Term 1 - Tuesday morning **Spiritual Development** Class, 9.30am to 11.30am each week - \$120 (8 weeks)

8th February to 29th March - Term 1 - Thursday evening **Meditation** class, 7.30pm to 8.30pm

New class - vacancies available - enquiries welcome - \$80 (8 weeks)

9th February to 30th March – Friday morning **Meditation** class, 9.30am to 10.30am - \$80 (8 wks)

31st January to 7th March – **Women Nurturing Women** – 6 week personal development course. Wednesday mornings, 10am to 12 noon. \$245

24th & 25th February – Reiki Level 2 Certificate Course - \$280

4th March – **Young & Spiritually Aware** – Sunday, 10am to 4pm. If you are aged between 18 and 28 and would like to explore; meditation (including breath work), psychometry and lively discussion that is inspired within the group for the day. Then book in to spend an enchanting day with like-minded fellow travellers. Enjoy a laugh, meet new friends and share your experiences. \$80 (bring along lunch to share)

For further information on these and other workshops and how to book in, please check out my new look website www.reikiinspirations.com.au (would love your feedback) or phone 9727 2581.

Please feel free to share this with any of your friends and I look forward to your feedback and presenting you my next Newsletter.

Many blessings for a joyous and wonderful Christmas and a safe and happy New Year. May all of your dreams come true in 2007. With love, Maria

Your thoughts:

"Your newsletter is another triumph and it is very true that it is always much easier to give than receive. I know that when I do receive it is so humbling and it creates such gratitude that suddenly the world becomes a safer place for me because I am being shown that I am cared about." DR

"Thanks Maria for a good read. I especially loved the story of your friend wanting that same feeling of "wonderful" in being able to care for you. Its not always easy to let the guard down and allow someone to assist, especially when I have a fierce independent streak in me and its been habit for a long period of time. I appreciate you sharing your stories-thank you" KJ

"Hi Maria I just finished reading your newsletter and had to agree; I too love to help others but didn't realise that they in turn would love to help me! So now I try to accept others' help and support. I hope that by reading your newsletter others will start to accept the love and support they deserve." LD

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