



Reiki Inspirations

'Treating you as a WHOLE person'
Maria Lacey's Newsletter – March 2007
www.reikiinspirations.com.au

ABN NO. 50 362 260 939

Welcome Everyone,

It is such a delight being able to share with you through my newsletter and I wish to say 'thank you' to all of you who read it regularly. I have received a number of emails wanting to know when the next newsletter was coming again, thank you for the prompt and here it is. For those of you who 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. ☺

Quote for today...

'You must be the change you wish to see in the world' Mahatma Ghandi

RECONNECTING TO LOVE (remembering romance, melody and rhythm)

Over the past few months I have met with many who appear to be experiencing a state of change. This 'sense of change' has been shown in many ways, such as; sadness, anger and frustration, the energetic cry for peace and time-out, feeling disconnected to life and finding oneself in a spiral and not being able to feel grounded to the earth. Life presenting one challenge after the other as if on a rollercoaster ride, being thrown from one direction into the next. Our sense of loss of purpose and identity infecting ourselves, family, career and relationships. For some like myself, who has chosen to cut the ties of a learnt 'pattern of behaviour' that no longer serves me. These are but a few.... One of the most wonderful words that came to me during my own change was 'temporary'. **'Maria this is only TEMPORARY!'** The dictionary's meaning is 'not permanent, not lasting'. Aahh a sense of relief ☺ Breathe (as she smiles, wipes away her tears and releases her internal struggle).

Through my own experience I have been sharing with a number of my clients and students the following:

- When was the last time that you placed a candle and flowers on the dinner table?
- When was the last time that you and your family sat together at the dinner table and enjoyed a simple meal together?
- When was the last time that you and your partner went on a date?
- When was the last time that you filled a bath, lit candles, used aromatherapy oils added bubble bath and listened to your favourite music?
- When was the last time that you went on a walk and just allowed yourself to breathe in nature and reconnect to the rhythm of your heart.

Time to 'Reconnect to Love' ☺ and to turn around our sadness, anger and frustration. STOP! Is this present behaviour making you FEEL GOOD? If not, change it! I'm not meaning disregard it; I'm meaning use this energy and turn it around so that it serves you positively. When we choose to come from a place of love, everything around us changes too. Allow yourself to feel 'romance' once again, and I am not talking just our biological needs. One of the explanations in the dictionary for romance is a 'love story, a story dealing with love'. Get into the rhythm of your life, feel the melody of your own internal song and feel romance in everything you do. Allow the simple things

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in life to uplift and inspire you. Stop and literally smell the roses and take your shoes off and feel the grass under your feet. You will soon see from a different perspective as if someone has just come in and wiped your windows clean.

Reconnect to love and all else will naturally fall into the rhythm of your own melody.

BOOK REVIEW: Daily Guidance from your ANGELS – Doreen Virtue

365 Angelic messages to soothe heal and open your heart.

Doreen Virtue once again has created a beautiful book for daily guidance. Just open up a page and read. There is not only a message but also a 'Thought for Today' which can be used as an affirmation. Many times we have opened up a page and received exactly the guidance that we needed.

Available from me in my Mooroolbark rooms for \$21.95 and from any good bookstore.

2007 WORKSHOPS & COURSES

For more information go to - http://www.reikiinspirations.com.au/classes__workshops

24th & 25th March – Reiki Level 1 Certificate Course

16th April to 25th June – Term 2 – Monday evening Spiritual Development Class

17th April to 26th June – Term 2 – Tuesday morning Spiritual Development Class

19th April to 28th June – Term 2 – Thursday evening Meditation Class

20th April to 29th June – Term 2 – Friday morning Meditation Class

28th & 29th April – Reiki Level 2 Certificate Course

9th May to 13th June – Women Nurturing Women – Personal Development - 6 week Course

19th & 20th May – Reiki Level 1 Certificate Course

2nd June – Young & Spiritually Aware one day workshop

For further information on these and other workshops and how to book in, please check out my 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, Maria

Your thoughts:

16/12/06 - Thankyou for the newsletters I continue to receive from you. It's a beautiful thing to share your personal experience with another, sharing a part of yourself. To be open and not to close the door like the universe is open to all of us who are open to it. You continue to teach me things about myself to help me grow as a person. I loved your December Newsletter and the analogy of 'evil and good' ..The Cherokee Wisdom, how true is this.. we go through a constant battle inside our heads, the two sides, the light and dark.. but it's our choice which one we choose to give power to. Will keep in touch xx take care. Thinking of you always. KT

4/12/06 - Love you heaps!!!!!!!!!!!!!! I hope you realize that your beauty and integrity is like a beacon for all of us wishing to seek our own truth. What a find you have been. DR

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