



Reiki Inspirations

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

ABN NO. 50 362 260 939

Welcome Everyone,

We can feel the change as the cool winds now filter through our light clothing and there is a need to wash and prepare our woollens for the winter months. With the change of weather there also comes unfortunately the cold and flu viruses and for some just a feeling of being unwell and a need to hide down under our doona and rest. For many who welcome the cooler months it is a time to pull out the throw rugs, brighten up the colours in our home, cook wonderfully warm soups and casseroles, rug up and put on our coats and enjoy a walk in the crisp air whilst the sun still shines to brighten our way. Smiling.... Oh I am such a philosophical and sappy person at times and to that end, I trust that you will enjoy my newsletter in the spirit of sharing. ☺

Quote for today...

“When one door of happiness closes another opens, but often we look so long at the closed door that we do not see the one which is opened before us”

Helen Keller

LET'S TALK ABOUT 'BOUNDARIES'

Yes this is a very interesting subject, yet very important to the flow in one's life. The dictionary defines as a 'boundary' is *'The line or plane indicating the limit or extent of something – A line determining the limits of an area.'* Most of us learn how to set boundaries from the experiences within childhood, starting from our parents and extended family through to our teachers.

Ultimately as we grow, through our own experiences we start to learn whether the boundaries that we have learnt and also have created for ourselves still honour us and work in our best interest. For example; there are many who find that they can't say 'no' and sometimes feel resentful about the people or circumstances who they perceive have put them into this situation. Others may feel frustrated with themselves knowing that they have allowed this to occur. For some it could be difficult as no boundaries were set or they were inconsistent as they were growing up. Or they could be in a partnership where these inconsistencies are playing out with the parenting of children or through their relationships with others. Sometimes a feeling of being powerless can be created as one gives away their power unconsciously to another.

There is no right or wrong in this area as experience is the teacher. This brings me to mention the boundaries that our society has in place including the cultural environment that we live in.

Pressure, either from ourselves or our environment can sometimes be overwhelming leaving us feeling like we have nothing left to give. So what can we do to change this? Do we have the power to set new boundaries that suit and honour us? ABSOLUTELY!!! What stops us? Is it fear? Not wanting to let others down? Not knowing how to put ourselves first?

Maria Lacey

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Some food for thought:

Do you continuously leave yourself unfulfilled and an empty vessel, where you cannot give the best of yourself to others? Do you find that you have friends or family that overspend their time with you and you feel drained after they leave? Can you be the one to proactively suggest your next get-together be in a mutual place and set the time, say one hour that you have free? Can you be disciplined to leave within that hour? If you do, then you keep your power, they feel that they have been heard so you both leave feeling empowered. Win/win for everyone concerned.

There is a reason why in an aeroplane emergency you place the mask on yourself first. It is to assist others. How would it be if you chose to help another before you, and you didn't succeed due to running out of breath yourself?

If you feel resentment, energetically the other person will feel this, yet when you come from a place of LOVE what is felt is love and therefore received with an open heart. ☺

BOOK REVIEW:

If you love reading and have read some inspirational, thought provoking or personal & spiritual development books lately. I would love you to share by writing a review for this newsletter. Please email your interest to info@reikiinspirations.com.au and we can discuss the book and the review.

2007 WORKSHOPS & COURSES

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

23rd & 24th June – Reiki Level 2 Certificate Course – Saturday & Sunday – 10am to 4pm
14th July – SoulCollage® Workshop - Saturday – 10am to 5pm
28th & 29th July – Reiki Level 1 Certificate Course – Saturday & Sunday – 10am to 4pm
16th July to 17th September – Term 3 – Monday evening **Spiritual Development Class**
17th July to 18th September – Term 3 – Tuesday morning **Spiritual Development Class**
19th July to 20th September – Term 3 – Thursday evening **Meditation Class**
20th July to 21st September – Term 3 – Friday morning **Meditation Class**
11th August – **Psychic Art Workshop** – Saturday – 2pm to 6pm
29th August to 4th October – **Women Nurturing Women** – Personal Development - 6 wk Course
5th October – **Psychic Art Drawing & Reading** – Friday - appointments from 10am

For further information plus testimonials and my new '**Referral Client Thank You**' program. Go to 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:

19/3/07 - Yes – I can relate to the rollercoaster ride feeling.....GT

20/3/07 – I just wanted to let you know that you absolutely nailed the way I am feeling!! I couldn't believe it when I read it. I thought I was just being silly but now I understand what's going on and I'm working on it. CE

21/3/07 - Maria, loved your newsletter especially the Mahatma Ghandi quote "you must be the change you wish to see in the world". This quote was like a beacon on the page for me. Just today I was reading a book 'Everyday Grace' by Marianne Williamson. She writes 'most of us love, to be sure. Yet far too often our love is passive:- we must be proactive in our love in order for it to change our lives'. This sentence and your newsletter have had a huge effect on me this week- to continue to BE the Love and to be disciplined. Thank you so much. Love and blessings. KJ

29/3/07 – Thank you for the great newsletter... BR

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