



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

August, September, October 2005

"This is the day the Lord hath made, let us rejoice and be glad in it." Psalm 118:24

There are times in a person's life when they must choose what the next step will be, for the whole community of which they are a part. A direction must flow from the heart of one, initially, to inspire others to take action. The flow from God/Source becomes tangible in them, and one can't help but respond from the Source.

Such a time is coming and upon us. Will you listen? Can you or have you learned the difference between soul and personality? If not yet, when? The time has come and you are being called to seriously work on this. Do it on your own, do it in a workshop. Just do it! Ask your Source to help you. Claim the relationship you have with the Divine, for you will need to trust it to move through to your Truth. You are not an island, you are NOT separate. The gift lies within you to make a difference. Consciously turn up your Light, let more of it flow through you, and live your connection with awareness. Being oblivious is a choice and it has consequences.

Living your truth may be uncomfortable at first, as people and things which are part of the illusion fall away. Or your "attachment" to them falls away. Ideas about yourself may crumble and become dust at your feet. Some will feel

relief, some will experience fear, loneliness, etc. Remember your connections, your Source and step forward anyway. Step into the "compassionate heart" which sees the Truth and simply accepts it, doesn't get in there and try to "fix" it. Watch for all the judgments (yours and your fear of theirs) which will seduce you into engaging the illusion, one more time. "Not again?" the heart cries, as it waits for you to make your way through to your Truth - yet again. Will you claim it this time?

The luxury of the merry-go-round is coming to an end. There is much work to be done and Evolution requires you to be in your Truth to accomplish it. You need to be "Present" in order to "Be" here now. Lots of wake-up calls have been given. What are we waiting for? Consciously choose how you will participate. Bring mind and heart into harmony and focus. Become "Present" now.

I have chosen Reiki to empower my ongoing awakening. I AM a work in progress. I love the workshops and retreats the Reiki House offers. I get to do my work with loving group support and I also get insights watching how doing this work impacts another. Working with a group brings me out of my head and into my heart. We experience the path from illusion to truth, from personality to soul, together. The opportunity for change is awesome!

John and Ellen are inspiring at sharing the tools with us. Join us. All are welcome. You need to have Reiki 2. Don't have it? Don't worry. Classes are coming in September, followed by the Viamede Retreat.

In Truth and Light
With Love Cheryl Cowie Co/Chair

Centre Fall Clean-up

Saturday, September 10th
10 am till sparkling!

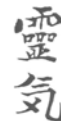
Bring your hands, cleaning tools,
and humour as we prepare the Centre
for Reiki classes.

REIKI CENTRE GENERAL MEETING

Sunday, October 16th
At 2 pm

All are welcome

Elections to be held for Co/Chair
and Secretary - place
nomination ballots in office



Learn Reiki with John

Classes in September

REIKI I Fri. Sept 16 7:00 pm - 11:00 pm
\$175.00 Sat. Sept 17 10:00 am - 6:00 pm
 Sun. Sept 18 12 noon - 6:00 pm

REIKI II Sun. Sept 18 7:00 pm - 11:00 pm
\$450.00 Mon. Sept 19 5:30 pm - Midnight
 Tues. Sept 20 5:30 pm - Midnight

Dates for May 2006 classes to be
published in next newsletter

VIAMEDE RETREAT with John Crundall "Going Beyond The Personal To A Greater Depth Of Soul"



Opportunity to further explore your spiritual path.
Must have Reiki II.

Peterborough, Canada
Sunday, September 25 - Sunday, October 2, 2005

Book your Retreat time now! \$720.00 includes
course fee, all meals and shared accommodations.
\$150 deposit due immediately. Balance due Sep-
tember 25th. See registration form on page 5 of
Newsletter. Space is limited.

Usui Reiki Centre at Reiki House



3 Oakhurst Drive
Willowdale, On M2K 2N2
Phone: (416) 218-0696
E-mail: usuireikicentre@sympatico.ca
Website: www.urct.org

Access the Centre calendar: at our website

A day in our Findhorn life

By Richard Gurbin

It's 7 am and we are out of bed to get ready for the day! Put on clean clothes, eat some cereal and fruit and then hurry to the Nature Sanctuary for daily Taize chanting at 8 sharp and on to the Main Sanctuary for 8:30 silent meditation.

Getting around is temporarily tricky. Built on unwanted remnants of the nearby and still very active British Air Force Base, the connecting paths seem the work of deranged cows as they meander past artisans' shops as well as an array of several generations of ecologically sensitive homes grass roofs, reclaimed whisky barrels, triple pane windows, passive solar heat, perma-gardens all very charming once we got our bearings.

At 9 am we meet the other 16 members of our particular experience week and actively participate in intense sessions of sacred dance, creative play, intimate sharing, and communing with nature.

By 12:30, we run to join the line at the Community Centre for the all-we-can-eat organic vegetarian buffet with amazing concoctions of beans, vegetables, soya casseroles, homemade breads, and wonderful soups which are all made from Findhorn ingredients whenever possible. No real need to hurry for there is always lots to eat.

After lunch we walk quickly back to "Longmeadow", the 4 bedroom (sleeping eight) bungalow which we share with 4 others, to change into our grubbies and make our way to the vegetable gardens by 2 pm just in time to find our work jackets and Wel-

lington, and get to our "attunement" which will set our group intentions for the afternoon and will also distribute us to the various tasks as we are guided by our heartfelt tendencies. None of us are pressured to do any particular tasks or maintain any particular efficiency with two exceptions – first, whether living there fulltime or just visiting, everyone must take their regular rotation for kitchen duty, and second. the needs of the plants are always honoured at times of sowing and harvest. Kay and I both found the "attunement" approach sensitive, freeing, spiritual, and efficient. It was quite amazing how everything seemed to get done in a joyous way! By the time we disbanded at 5 pm, we are both delightfully tired from harvesting carrots, planting basil and parsley, turning compost, cutting grass, and preparing beds in the poly tunnels. Tired but not too tired as we go quickly home to clean ourselves and get to the 6 pm sumptuous supper buffet.

At 7:30 pm we once again join with our fellow volunteers for more intimate sharing, and either a guided tour of a whisky barrel home complete with a serenade by Eric and his "diggery do", a video about the history of Findhorn, guest speakers telling how they now operate, or a tour of their "Living Machine" which uses only plants to convert raw sewage into potable water.

After the evening session, we take a lazy walk through the festive birds, past the busy wind generator, across the sand dunes, and on to

the gorgeous seaside sunset to be with the pebbles applauding God in time with the waves.

This time of year, northern Scotland enjoys about 22 hours of sunshine each day so we are cautioned to take care to get our required sleep. In bed by midnight, we are quickly dreaming of the many affirmations of our spiritual oneness with the friendly unseen powers that allow lush gardens, 40 pound cabbages, and an inspirational community where, thirty years ago, there was only sand.

So much to experience! So many people who are willing to share their personal passions for Mother Earth and their knowledge of how to respect her and help her heal! A cacophony of individual attitudes and beliefs miraculously joining in harmony, lovingly working on our 7 senses, and profoundly supporting states of openness, bliss, and gratitude within us both - cementing forever our connection with the cause.

Just for today do not worry. Just for today do not anger. Earn your living honestly. Live with honour. Walk with gratitude. Thank you Findhorn founders (Eileen, Dorothy and Peter). Thank you God.

Joyous



Eileen Caddy's first Findhorn trailer home



FULL MOON MEDITATION & KEYNOTES

Saturday, August 20th - 3:00 pm

Leo Keynote:
I am That
and That I am.

Sunday, September 18th - 10:15 am

Virgo Keynote:
I am the Mother and the Child
I, God, I, Matter am.

Monday, October 17th - 6:45 pm

Libra Keynote:
I choose the way which leads between
the two great lines of force.

Please be prompt!!!

FULL MOON CHANTING

Saturday August 20th
2:00 pm

Sunday September 18th
9:30 am

Monday, October 17th
6:00 pm

Facilitated by Kaiko Gollwalla

Usui Reiki House Schedule

The Centre is staffed by volunteers and funded by donations.
Donations are greatly appreciated.

Monday	7:00 PM	Reiki for Channels
	7:30 pm	Course in Miracles (resumes Sept 12th)
Tuesday, Wednesday, Thursday	10:30 am to 3 pm (last appt - 2 pm)	by Appointment
Tuesday	5:45 pm	Yoga (no Yoga in August)
	7:30 pm	Transformation Tuesdays (see calendar)
Wednesday	7:30 pm	Community Reiki
Thursday	7:30 pm	Community Reiki

Absent Healing: Must have client's permission and photo with their name. Please include a self-addressed, stamped envelope and your donation.

REIKI FOR CHANNELS IS BACK!!

Every Monday night at 7 pm
Come - give a Reiki, get a Reiki.
Facilitated by Orville Rose

Kid's Reiki

Saturday, October 15th
12 noon - 2 pm

Saturday, October 29th
Field Trip - 12 noon
Facilitated by Linda



LABYRINTH WALKS



**Tuesday
August 16th - 7 pm**

**Tuesday
October 18th - 7 pm**

Check with Brian at 416-226-5483 for confirmation on weather conditions. The walks are held at Ruddington Park, one block east of the Centre on the south side (Ruddington and Cummer).

Facilitators Workshop

On June 5th, your evening facilitators met together to discuss and in some cases change the format of our Reiki evenings. We have agreed to try a new way of doing things for two or three months and plan to meet again on Sunday November 6th at 2 pm to review and refine where necessary.

Thanks to everyone who came, and to Kirsten who took notes and sent them out to those present. It is a pleasure to be a part of these discussions as we continue to grow and change together. Anyone who reads this and wants to be a part of our team, please call Reiki House and leave your name. We will train and partner you at first. Pre-requisites: Reiki training, and having received and given Reiki since training.

Ann Irving
Evening Team Facilitator

Transformational Tuesdays

Gateways to
Personal Transformation

9-STEP PRACTICE

That wonderful process of using our emotions to transform.
1st Tuesday each month - 7:30 pm
**August 2nd, September 6th,
October 4th**
Facilitated by Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7 pm
2nd Tuesday each month - 7:30 pm
**August 9th, September 13th,
October 11th**
Facilitated by Cheryl Cowie

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm
August 23rd only
Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm
August 30th, October 25th
Facilitated by Shirley and Cheryl

POT LUCK DINNER WITH JOHN

Saturday, September 17th at 7:30 pm
Following the Reiki class.

BYOB and a "pot" of food



EVERYBODY WELCOME!

Centre Snippets

On Wednesday, June 16th, Darlene Awde and Kay Gurbin were honoured at a luncheon held at the Well-spring Cancer Care Centre for Sun-nybrook and Womens College Hospi-tals for their five years of volunteer-ing service. Congratulations Darlene and Kay.

This spring, a new roof was installed over the lower part of Reiki House. The cost, as is usual for construction activities, literally went through the porch roof, to the tune of \$3000.00

MONDAY NIGHT REIKI FOR CHANNELS IS BACK

Monday gathering of Reiki for Channels under the leadership of Orville Rose, continues to be well attended and is a great place to give and receive a Reiki, to practise Reiki hand positions, and to give an opportunity to those channels trained elsewhere to slowly integrate into our system here at the centre.

So come on out and "give a Reiki- get a Reiki" on Monday nights at 7 pm.

Kudos Orville

CENTRE WISH LIST

Thanks to all who have waved their wands and granted our Centre Wishes.

Still needed:

- Blankets, 2 desk lamps, reading chair, kitchen utensils, knives, baking trays and frying pan.
- Donations towards the purchase of tool rack for the garden shed.

THE GARDEN CORNER

It seemed that Summer would never get here, but when it finally arrived we were immersed in a blast of tremendous "heat and humidity". The garden survived the frosty cold winter, just in time to be baked by the intense rays of the unrelenting sun. Plants are so resilient; just like people they adjust to each new adventure. The most delicate, fragile flowers seem to bounce back and some times are hardier than the stronger plants.

At one of our 'brainstorming' Newsletter Meetings, which happened to fall on a hot steamy day, a summer thunder storm erupted suddenly. Lightning blazed the skies, thunder rumbled, the wind whipped the trees into a frenzy, the heavens opened up and the rains poured down in torrents. The rain continued steadily and then the storm subsided. The soil had been replenished, the plants would survive. Yes, 'Mother Nature' had taken care of them again. After the storm the earth smelled fresh; there was a sense of renewed energy in the air. It was so peaceful and calming, the garden was back in balance.

As part of the ongoing Garden Plan, a water feature was incorporated into the Meditation Garden. After researching several possibilities, Darlene Awde and Maralyn Strachan (*two lovely Garden Faeries*) discovered a water feature which enlightened this space. It is mounted on a square metal bronzed slab; the pattern engraved on it consists of nine folded Lotus Blossoms and the water continuously flows over the design. At the base of the water feature, some beautiful 'Muskoka rocks' provided by Kay Gurbin have been placed connect-ing the garden to the beauty/strength of the northern country.

The Garden Committee have a few more projects that will be continuing on throughout the Summer. If you get a chance, come and visit the Meditation Garden and enjoy this wonderful space. If you feel inspired try watering the garden, especially on one of these hot, hot days, it is delightful to watch the rainbows dancing over the Buddha and around the garden - it is truly a Magi-cal Moment.

Karen E. Cutler & The Garden Committee

Many thanks to all the Garden Angel Volunteers for their dedication and contributions.

Newsletter Submissions

If you would like to contribute to the next issue of Lightlines, articles must be submitted to the Centre by October 1st. Please note articles are subject to editing due to space.

LETTER FROM EXTENDICARE

When I was introduced to Reiki, I had never experienced it before. With time, I had to be open to Reiki and I did it just because I wanted it to be with me so I could work on me. I felt I needed some-thing because my MS is such that there is no known cure at this time.

Reiki has helped me become calmer, be more introspective and open to others. I have now taken Reiki I training and I'm a Reiki channel. When I was invited to join the Reiki team here at Extendicare, I was thrilled because it meant that I could help others as well as myself. I want to continue because I enjoy using my gifts.

Frances Miller

A Resident of Bayview Extendicare

COURSE IN MIRACLES DISCUSSION GROUP

Discover a Foundation for Inner Peace and Universal Love

Resuming September 12th
Mondays 7:30 pm - 10 pm

By Donation
Facilitated by Steve Foreman

YOGA

Resuming September 6th

Tuesdays 5:45 pm - 7:15 pm

By Donation
Facilitated by Kay Gurbin

YOUTH COMMUNITY REIKI

Hands-on Reiki Sessions for Young Reiki Channels

Wednesdays - 4:30 to 5:30 pm
October 5th and 19th

Come and bring your friends to explore Reiki together

Facilitated By Linda Ojala



VIAMEDE RETREAT WITH JOHN CRUNDALL

“Going Beyond The Personal To A Greater Depth Of Soul”

WHEN: Sunday, September 25 to Sunday, October 2, 2005.
Check-in time 3 pm.

WHERE: Viamede Resort, Peterborough, Canada

COST: \$720.00 CDN includes course fee,
all meals and shared accommodation

REGISTRATION: A deposit of \$150.00 CDN due immediately.
Balance \$570.00 CDN upon registration
(cash or cheque only)

Note: Reiki II is a Prerequisite

REGISTRATION

Name _____ Phone _____

Address _____

Special diet restriction _____

Note: Vegetarians will be catered for all meals.

Out of town Arrivals: Arrival date and time _____

Airline and flight number _____

Departure date and time _____


Deposit cheque of \$150 made to E.J. Rose

Balance of \$570 payable to Viamede Resort upon registration on September 25th

(Note: Cash or cheque only)

Send registration to: Usui Reiki Centre Toronto
3 Oakhurst Drive
North York, Ontario
Canada M2K 2N2
(416) 218-0696

Usui Reiki Centre August 2005

<p>Monthly Highlights Labyrinth Walk August 16th Full Moon August 20th</p> 

See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Civic Holiday Centre Closed	2 9-Step Practice 7:30 pm	3 Community Reiki 7:30 pm	4 Community Reiki 7:30 pm	5	6
7	8 Reiki for Channels 7 pm	9 Silent Med 7 pm Reiki II Practice 7:30 pm	10 Community Reiki 7:30 pm	11 Community Reiki 7:30 pm	12	13
14	15 Reiki for Channels 7 pm	16 Labyrinth Walk 7 pm	17 Community Reiki 7:30 pm	18 Community Reiki 7:30 pm	19	20 ○ Chanting 2 pm Full Moon 3 pm
21	22 Reiki for Channels 7 pm	23 Terrace Med 7:30 pm	24 Community Reiki 7:30 pm	25 Community Reiki 7:30 pm	26	27
28	29 Reiki for Channels 7 pm	30 Akashic Practice 7:30 pm	31 Community Reiki 7:30 pm			

Usui Reiki Centre September 2005

<p>Monthly Highlights Centre Clean-up Sept 10th Reiki I classes Sept 16th - 18th Pot Luck Dinner Sept 17th Full Moon Sept 18th Reiki II classes Sept 18th - 20th Viamede Retreat Sept 25th - October 2nd</p> 

See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Community Reiki 7:30 pm	2	3
4	5 Labour Day Centre Closed	6 Yoga 5:45 pm 9-Step Practice 7:30 pm	7 Community Reiki 7:30 pm	8 Community Reiki 7:30 pm	9	10 Centre Clean-up 10 am til sparkling
11	12 Reiki for Channels 7 pm Course in Miracles 7:30 pm	13 Yoga 5:45 pm Silent Med 7 pm Reiki II Practice 7:30 pm	14 Community Reiki 7:30 pm	15 Community Reiki 7:30 pm	16 Reiki I Class 7 pm - 11 pm	17 Reiki I Class 10 am - 6 pm Pot Luck Dinner 7:30 pm
○ 18 Chanting 9:30 am Full Moon 10:15 am Reiki I Class 12-6 Reiki II Class 7-11	19 Reiki II Class 5:30 pm - midnight No Reiki for Chan- nels or C in M	20 Reiki II Class 5:30 pm - midnight No Yoga or Terrace Med	21 Community Reiki 7:30 pm	22 Community Reiki 7:30 pm	22	24
25 Viamede Retreat 3 pm	26 Viamede Retreat Reiki for Channels 7 pm Course in Miracles 7:30 pm	27 Viamede Retreat No Yoga or Akashic Practice	28 Viamede Retreat Community Reiki 7:30 pm	29 Viamede Retreat Community Reiki 7:30 pm	30 Viamede Retreat	

Usui Reiki Centre October 2005

Monthly Highlights

Centre General meeting October 16th
 Full Moon October 17th
 Labyrinth Walk October 18th

Facilitators Workshop November 6th



See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Viamede Retreat
2 Viamede Retreat	3 Reiki for Channels 7 pm Course in Miracles 7:30 pm	4 Yoga 5:45 pm 9-Step Practice 7:30 pm	5 Youth Reiki 4:30 pm Community Reiki 7:30 pm	6 Community Reiki 7:30 pm	7	8
9	10 Thanksgiving Centre Closed	11 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	12 Community Reiki 7:30 pm	13 Community Reiki 7:30 pm	14	15 Kid's Reiki 12 noon - 2 pm
16 Centre General- Meeting 2 pm	○ 17 Chanting 6 pm Full Moon 6:45 pm Reiki for Channels Course in Miracles	18 Yoga 5:45 pm Labyrinth Walk 7 pm No Terrace Med	19 Youth Reiki 4:30 pm Community Reiki 7:30 pm	20 Community Reiki 7:30 pm	21	22
30	24/31 Reiki for Channels 7 pm Course in Miracles 7:30 pm	25 Yoga 5:45 pm Akashic Practice 7:30 pm	26 Community Reiki 7:30 pm	27 Community Reiki 7:30 pm	28	29 Kid's Reiki Field Trip 12 noon