



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

August, September, October 2006

Wish Upon a Star

Summer - images of warm sunshine, street festivals and celebrations, the sounds of laughter and music, children playing and singing, people enjoying the outdoors, long walks in nature feeling the embrace of the cool evening breeze, gazing at the amber and pink hues splashed across the sky at sunset. Entranced by the beauty and then the majic of the night sky - the silvery Moon guiding through the darkness and zillions of Stars - bodies of light glimmering and shining, forming a canopy overhead - and captivated by the beauty and the vastness, reflect ... zillions of light bodies, each brilliant on its own, but, there's not enough light, yet, together, in perfect harmony, light up the night sky... Heaven Smiling down on Earth - *Divine!*

And far, far away, from a distant star, you hear your name, the body trembles and the heart overflows, overflowing with joy and awe and wonder, and an overwhelming sense of the sacred. We bow our heads in gratitude for this infinite galaxy and this wonderful planet, our world and the spirit world beyond. We feel the wonder of Life around us and let the magic and the joy fill our hearts and basking in this

radiant energy, there arises from within a wish, a prayer

Dear Lord of Light, of Love,
of All There Is,

Let the warm sunlight evaporate the waters of negativity and separativeness. Let us live in Harmony. Let there be Peace, Harmony and Truth in minds and hearts and in our world.

Let souls Unite in Your Love.
Let the gems of Inspiration and Wisdom fall from heaven as dewdrops upon the unfolding petals of the heart,

So, we may be united in the mission to Serve our family, our friends, our community, our planet with unified vision, responsibility, loyalty and friendship. Let the individual merge with the ideal of Community.

Let a burst of spiritual sunshine enlighten the minds and warm the hearts with Love, and Compassion, So, we may create a bridge of Understanding over which we can travel to meet and join our brothers and our sisters on the path of Life.

Dear God, Shed Your Light upon us..... Amen!!!

As if in answer, the heavens open and rain falls gently - the heart sings and resonates with the sound of the rain-drops and mingled with this sound is

heard a whisper ...

Children of the Universe, remember,

You Are the Light.

"There is no use having a Universe, a cosmology, if you don't have witnesses - We are the witnesses to the Miracle - We are put here by Creation - We're here to be the audience to the Magnificent. It is our job to Celebrate." Ray Bradbury

Wishing all a brilliant and enchanting Summer

Vera Golwalla co-chair

REIKI CENTRE GENERAL MEETING

Sunday, October 15th
At 2 pm

All are welcome

Elections to be held for Chair
and Treasurer - place
nomination ballots in office

Learn Reiki with John and Ellen Classes in September

REIKI I Fri. Sept 15 7:00 pm - 11:00 pm
\$175.00 Sat. Sept 16 10:00 am - 6:00 pm
 Sun. Sept 17 12 noon - 6:00 pm

REIKI II Sun. Sept 17 7:00 pm - 11:00 pm
\$450.00 Mon. Sept 18 5:30 pm - Midnight
 Tues. Sept 19 5:30 pm - Midnight

Dates for May 2007 classes to be published in next newsletter

Usui Reiki Centre at Reiki House

3 Oakhurst Drive
Willowdale, On M2K 2N2
Phone: (416) 218-0696
Fax: (416) 218-0612
E-mail: usuireikicentre@sympatico.ca
Website: www.urct.org

Access the Centre calendar: at our website

VIAMEDE RETREAT WITH JOHN CRUNDALL

"A Soul's JourneyThe Dream Continues"



A wonderful opportunity to further explore your spiritual path. Must have Reiki II.

September 24th - October 1st, 2006
in Peterborough, Canada

Book your Retreat time now! \$720.00 includes course fee, all meals and shared accommodations. \$150 with deposit. Balance due September 24th.

See registration form at end of Newsletter. Space is limited

THE GARDEN CORNER

THE GARDEN IS DANCING!!

So many people to thank again this year for volunteering their time, money and talent.

The season started on a sweltering humid day in May, with a major pruning of the two pine trees of all dead branches. This project has helped to revive these trees and now allows the sun to filtrate through. Thanks goes to Yezdi Antia, Brian Awde, Karen Cutler, Richard Gurbin, Marilyn Symes, Nancy McLean and Ken Syeto.

Then this "motley crew" moved on to plant five new shrubs by the Birch trees. Have you ever dug in clay soil? Way to go guys. A "union break" was called and the crew enjoyed tea and goodies. It was a great feeling to have these two projects completed at last.

Yezdi Antia and I chipped in with a donation that helped to pay for the last of the perennials and shrubs. Cheryl Cowie donated money for the garden, as well as an inground watering system which has been time set ... thanks to Brian for installing this. Several people donated various annuals - they are popping up everywhere in the magical garden.

The final planting of shrubs and perennials is complete. They are growing, maturing nicely and filling in the beds. Now is the time to relax and enjoy the garden - just watch it bloom and grow.

There will always be weeding and other garden-related tasks to bring the garden crew together during the summer for laughs and fellowship.

Enjoy Your Summer and Make Sure You Take Time to Smell the Roses!

By Marilyn Symes

OUTREACH BEGINNINGS...

The following article is about a marvelous journey and the beginning of Outreach into the Community. When Darlene Awde and Kay Gurbin began this adventure six years ago, they offered 'Reiki Energy' to the Medical Community at Sunnybrook Hospital. The love, devotion and care they have given has made quite an impact on so many lives ... on so many levels.

Many thanks to these two special ladies and their assistants for pioneering and continuing the modality of Reiki so others may benefit.

Wellspring and Reiki

I remember the joy I experienced the first time I entered Wellspring. Darlene and I were greeted by warm, welcoming volunteers and I felt like I was coming home.

Wellspring was started 16 years ago as a haven and support for cancer patients and their caregivers. It offers an array of free services including peer support, groups, Yoga, Qi Gong, meditation and a selection of healing modalities to compliment traditional treatments for cancer. In 16 years, it has expanded from one downtown Toronto location, to 6 centres in Ontario.

Each location is set up like a home; beautifully decorated, skylights, fireplace, library and a cozy kitchen to host the many social gatherings. Friendships are formed in this relaxed, caring atmosphere.

Darlene and I decided that this was an ideal place for us to offer Reiki in the community when a new location was opened at Sunnybrook Hospital. For six years, we have volunteered almost every Wednesday and offer Reiki to 3 clients a week.

This has been an extraordinary opportunity to share the gift of Reiki.

We meet people opening themselves to a whole new paradigm of healing that, without the challenge of cancer, they may never have explored. We experience their amazement at their Reiki treatment and their eagerness to learn more. We have had several take the Reiki course and volunteer at our Centre. Many more have become clients at the Centre.

We have been joined at Wellspring by John, Orville, Richard and Linda, in sharing their love of Reiki. Together, we are another joyous part of outreach by the Usui Reiki Centre.

For me this is service, for as we give we truly receive.

Kay Gurbin



FULL MOON MEDITATION & KEYNOTES

Tuesday, August 8th - 6:45 pm

Leo Keynote:
I am That
And That I am.

Wednesday, September 6th - 6:45 pm

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

Friday, October 6th - 6:45 pm

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

Please be prompt!!!

FULL MOON CHANTING

Tuesday, August 8th
6:00 pm

Wednesday, September 6th
6:00 pm

Friday, October 6th
6:00 pm

Facilitated by Kaiko Golwalla

Message from the Mountaintop



To be one of us. Truth and wisdom flow into an awakened heart. To see the big picture, look beyond yourselves. See the Pearl (Mother Earth) and know that you hold it in your hands. This beauty that surrounds you is to inspire you to guardianship, to responsibility for its caring and nurturing. This earth is calling to you. You cannot survive, one without the other.

Empowering words, thoughts and actions are the order of the day. The past is no longer a factor that can be blamed. We have to receive the THUNK! And WAKE UP to where we are right now. It's becoming ever more important to see our connection with EVERY living thing and support each other.

We have pushed Earth to her limit and she can no longer withstand the onslaught of violence and disregard for her resources. The frequency of hatred and greed needs to be met with love, compassion and loving detachment. See the pettiness around and let go of your own, see judgment and choose not to judge, and so on. It's about

choosing to align with that which you wish to co-create and choosing to empower your Highest Self, over and over until it becomes the new pattern, the first response. Be discerning about that which you give your attention to.

Breathe into that sacred innocent centre that exists in all of us. Feel the peace and expansion that is available even in the midst of chaos. Do this as often as you need, to hold that intimate centre and you will remember who you are, in these turbulent times. Be "available Light" that can be called upon and played out in any situation.

You are already holding Mother Earth in your hands. We ask now that you also hold her in your hearts. Let her beauty remind you of her preciousness and of yours. Interconnected existence - wake up to it and nurture something today!

Peace be with you
Cheryl Cowie

Centre Fall Clean-up

Saturday, September 9th
10 am till sparkling!

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

Kids Reiki

Facilitated by
Vera Golwalla

See the website for dates and details.

If you are interested in attending a Kid's Reiki Class in May 2007, please contact the Centre.



FALL LABYRINTH WALK



Fall equinox
Thursday September 21st
6 pm to 7 pm

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

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

**September 5th, October 3rd
(no 9-Step Practice in August)**

Facilitated by Shirley Healy
& Craig Belanger

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

**September 12th, October 10th
(no Reiki II Practice in August)**

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

October 17th (no Terrace Meditation in August and September)

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

October 24th (no Akashic Practice in August and September)

Facilitated by Shirley and Craig
(Reiki II required)

POT LUCK DINNER WITH JOHN

Saturday, September 16th at 7:30 pm
Following the Reiki class.

BYOB and a "pot" of food



EVERYBODY WELCOME!

Usui Reiki House Summer Schedule

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

Monday	7:30 pm	Course in Miracles (no Course in Miracles in August)
Tuesday, Wednesday,	10:30 am to 3:00 pm (last appt - 2:00 pm)	by Appointment (no Tuesday appointments in August)
Tuesday	5:45 pm	Yoga (no Yoga in August)
	7:30 pm	Transformational Tuesdays (none in August)
Wednesday	7:30 pm	Community Reiki
Thursday	7:30 pm	Community Reiki (no Community Reiki in August)

We will try to accommodate other requests for Reiki treatments. Please call.
Absent Healing: Must have client's permission and photo with their name.
Please include a self-addressed, stamped envelope and your donation.

CENTRE WISH LIST

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

Still needed:

- Donations to refurbish the Fine-tuning Room and Kitchen.
- Volunteers to put hands on during days or evenings - see Reiki House schedule.
- Donations towards supplies and materials to upgrade the Centre as well as a new computer system.

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.

Reiki Outreach

Monday mornings	Bayview Extencicare	9:30 - 11:30 am
Monday afternoon	Carefree Lodge	1:00 - 2:30 pm
Tuesday afternoons	Wellesley Central Place	1:00 - 3:00 pm 5:30 - 6:45 pm
Wednesday mornings	Tendercare (Victoria Park & McNichol)	9:30 - 11:30 am

Please call the Centre for more information. Volunteer opportunities.

COURSE IN MIRACLES DISCUSSION GROUP

Discover a Foundation for Inner Peace and Universal Love

Mondays 7:30 pm - 9:30 pm
By Donation

Facilitated by Stephen Foreman
(Resuming 11th September)

Centre Snippets

☺ Reiki House is now (finally) wheelchair accessible! A new gently sloping ramp has been built at the side of the house to make it easy for us to accommodate our wheelchair clients. Thanks to all who helped and donated for a very worthy cause.

☺ The Muskoka weekend at Kay's and Richard's cottage on beautiful Lake Muskoka was thoroughly enjoyed by all fourteen who attended this year. There was boating to see the turtles, kayaking (at your own risk), swimming, relaxing, reading, good conversation, great food, and a couple of (friendly?) community games of Scrabble - including lots of fun and laughter in the sun.

Another Reiki Outreach

We have extended our Outreach program to include Wellesley Central Place. In total, five Reiki volunteers attended here every Tuesday. After reading the following article, we invite you once again to volunteer at the Reiki Centre or one of our Outreach locations.

Take an hour here or there to help another and, in turn, help yourself

Ann Irving
Reiki Outreach

Wellesley Central Place Reiki Outreach

I am a Recreational Therapist working in the Life Enrichment Department at Wellesley Central Place.

We began implementing one on one Reiki therapy for our residents who wished to attend in the beginning of May of this year. During this time, we have had a very steady cliental. It

seems those who are treated once or twice usually come again.

Some residents say it relaxes them. One woman living with MS stated she can now feel sensations in her legs after her Reiki treatments, something she has not felt in a long time!

Many of our residents view Reiki as a spiritual and personal experience that words alone can not describe.

From a therapeutic recreational perspective, Reiki brings a fresh, innovative and non-traditional side of not just programming but also personal wellness.

Having our Reiki practitioners here at Wellesley Central Place has really helped our department meet our resident's needs, thus making our programming truly "therapeutic".

On behalf of Wellesley Central Place, thank you for your healing volunteers.

Laura Stanich
Recreational Therapist
Wellesley Central Place

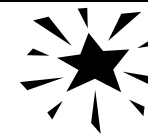
YOGA

Tuesdays 5:45 pm - 7:15 pm
By Donation
Facilitated by Kay Gurbin
(no Yoga in August)

Usui Reiki Centre August 2006

MONTHLY HIGHLIGHTS

Full Moon August 8th 6:45 pm
 Reiki by appointment - Wednesdays
 only in August



No Community Reiki on Thursdays in August

Summer Schedule

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 No 9-Step Practice In August	2 Community Reiki 7:30 pm	3 No Community Reiki In August	4	5
6	7 Civic Holiday Centre Closed	8 ○ Chanting 6 pm Full Moon 6:45 pm No Reiki II practice In August	9 Community Reiki 7:30 pm	10 No Community Reiki In August	11	12
13	14	15 No Terrace Meditation in August	16 Community Reiki 7:30 pm	17 No Community Reiki In August	18	19
20	21	22 No Akashic Practice In August	23 Community Reiki 7:30 pm	24 No Community Reiki In August	25	26
27	28	29	30 Community Reiki 7:30 pm	31 No Community Reiki In august		

Usui Reiki Centre September 2006

<p>MONTHLY HIGHLIGHTS</p> <p>Full Moon Sept 6th Centre Clean-up Sept 9th Reiki I classes Sept 15th - 17th Pot Luck Dinner Sept 16th Reiki II classes Sept 17th - 19th Viamede Retreat Sept 24th - October 1st</p> 

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labour Day Centre Closed	5 Yoga 5:45 pm 9-Step Practice 7:30 pm	6 ○ Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	7 Community Reiki 7:30 pm	8	9 Centre Clean-up 10 am til sparkling
10	11 Course in Miracles 7:30 pm	12 Yoga 5:45 pm Silent Med 7 pm Reiki II Practice 7:30 pm	13 Community Reiki 7:30 pm	14 No Community Reiki	15 Reiki I Class 7 pm - 11 pm	16 Reiki I Class 10 am - 6 pm Pot Luck Dinner 7:30 pm
17 Reiki I Class 12-6 Reiki II Class 7-11	18 Reiki II Class 5:30 pm - midnight No Course In Miracles	19 Reiki II Class 5:30 pm - midnight No Yoga or Terrace Meditation	20 Community Reiki 7:30 pm	21 Community Reiki 7:30 pm	22	23
24 Viamede Retreat 3 pm	25 Viamede Retreat Course in Miracles 7:30 pm	26 Viamede Retreat No Yoga or Akashic Practice	27 Viamede Retreat Community Reiki 7:30 pm	28 Viamede Retreat Community Reiki 7:30 pm	29 Viamede Retreat	30 Viamede Retreat

Usui Reiki Centre October 2006

MONTHLY HIGHLIGHTS

Full Moon October 6th
Centre General meeting October 15th



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Viamede Retreat	2 Reiki for Channels 7 pm Course in Miracles 7:30 pm	3 Yoga 5:45 pm 9-Step Practice 7:30 pm	4 Community Reiki 7:30 pm	5 Community Reiki 7:30 pm	6 ○ Chanting 6 pm Full Moon 6:45 pm	7
8	9 Thanksgiving Centre Closed	10 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	11 Community Reiki 7:30 pm	12 Community Reiki 7:30 pm	13	14
15 Centre General Meeting 2 pm	16 Reiki for Channels 7 pm Course in Miracles 7:30 pm	17 Yoga 5:45 pm Terrace Meditation 7:30 pm	18 Community Reiki 7:30 pm	19 Community Reiki 7:30 pm	20	21
22	23 Reiki for Channels 7 pm Course in Miracles 7:30 pm	24 Yoga 5:45 pm Akashic Practice 7:30 pm	25 Community Reiki 7:30 pm	26 Community Reiki 7:30 pm	27	28
29	30 Reiki for Channels 7 pm Course in Miracles 7:30 pm	31 Yoga 5:45 pm				

VIAMEDE RETREAT WITH JOHN CRUNDALL

“A Soul’s Journey.....The Dream Continues”

WHEN: Sunday, September 24 to Sunday, October 1, 2006.
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 _____

E-mail _____

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 24th
(Note: Cash or cheque only)

Send registration to: Usui Reiki Centre Toronto
3 Oakhurst Drive
North York, Ontario
Canada M2K 2N2
Tel: (416) 218-0696
Fax: (416) 218-1612