



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

August September October 2008

Mountaintop Message

To be together again, be a blessing and a prayer, in so many ways. The Spirit, soul and body, coming together as One, feel the boundaries disappear and the illusion of time/space elements drifting away. For We are with you, right there in the present moment of your existence, your every day living. We are not "out there", we be between every molecule in your present reality. You don't have to "come" to us, merely acknowledge our existence together, and start to utilize this living presence within you.

Eckhart Tolle calls it your "aliveness", in his book "A New Earth Awakening to Your Life's Purpose", and this is a profoundly simple place to begin feeling what this presence feels like for you. He suggests-close your eyes, take a couple of breaths, be still, be present within your heart, and see if you can feel the subtle aliveness in your toes, fingers, lips, heart, and then your whole body. Now, open your eyes and feel it.

Focus in and feel the 99.9% space and energy that is you and every living thing, including your planet. Feel this vibration with your heart first, and let it translate this energy into thoughts, words, and actions. Let us be there with you every step of the way. Slow down the mind to

create a space where you can feel the quickening of your Spirit within you. Let your Spirit be the filter of your experiences, rather than the mind. The mind is meant to be a tool of Spirit, and we have allowed it to become full of itself, until it has taken the role of leadership, for which it is not equipped, nor intended. We've given it a job that it can't handle alone, and chaos is the result.

It's time to shift the balance of what we give our attention and energy to. It's time to be enlivened by what lies within us, rather than what we see advertised in the media, as the latest, newest product, which will fulfill all our desires, instantly! It's time to go within to discover what the Spirit in you desires, and to feel its life-changing and life-lasting impact.

Find the "Life" within the life you are living. For when you actually rest inside your Beingness, new dimensions, new understanding and new solutions, present themselves for your perusal and choosing. You don't even have to go into debt, to access it! Breathing in, breathing out...with alert focus, opens a whole new playground, and you don't have to go anywhere! The world opens vertically and adds a new dimension to your linear experience-

and you expand further into the Multi-dimensional Nature that you are.

Empower everything you are and do, by tapping into the Indwelling Spirit that began you, sustains you and also inspires you. Awareness takes practice. Meditate. Take a moment, as many times a day as you can remember to breathe into your aliveness. Breathe this aliveness whenever you feel stressed, anxious, threatened, pulled to the past or future and watch those old coping mechanisms of the ego, start to fall away. Before you know it, you'll be aware, that you want to be fully present, more than you want to escape. Life becomes a dance, rather than avoi-dance.

Remember, your aliveness/awareness is in every cell of your being. It is your Divine Spirit, your wisdom, your love, your power and your Light. You are truly never alone, not even one molecule! World change can only be affected, by beginning with personal change. Open up to the Greater you, (body, soul and Spirit) to become the greater you. It is your birthright, your responsibility and your gift.

In gratitude, Cheryl Cowie

VIAMEDE RETREAT with John Crundall and Ellen Rose



"The Irresistible Voice Of Soul"

Opportunity to further explore your spiritual path. (must have taken Reiki II with Denise or John Crundall or have sat in on both their Reiki I and Reiki II classes)

Peterborough, Canada

Sunday, September 28 - Sunday, October 5, 2008

Book your Retreat time now! \$795.00 includes course fee, all meals and shared accommodations. \$220 deposit by June 30th. Balance due September 28th upon check-in at Viamede. See registration form on page 7 of Newsletter.



Learn Reiki with John & Ellen

Classes in September

REIKI I \$175.00	Fri Sept 19th	7:00 pm - 11:00 pm
	Sat Sept 20th	10:00 am - 6:00 pm
	Sun Sept 21st	12 noon - 6:00 pm
REIKI II \$450.00	Sun Sept 21st	7:00 pm - 11:00 pm
	Mon Sept 22nd	5:30 pm - Midnight
	Tues Sept 23rd	5:30 pm - Midnight

Dates for Spring 2009 classes to be published in next newsletter

Usui Reiki Centre at Reiki House



3 Oakhurst Drive
North York, Ontario M2K 2N2
Phone: (416) 218-0696
Fax: (416) 226-3266
E-mail: usuireikicentre@sympatico.ca
Website: www.urct.org

Access the Centre calendar at our website

THE GARDEN CORNER

THE MAGIC & JOY OF DEDICATED GARDENERS IN THE GARDEN!

Garden Sayings:

The highest reward for a person's toil is not what they get for it, but what they become by it.

- John Ruskin

Opportunity is missed by most people because it is dressed in overalls and looks like work.

- Thomas Edison

The Rain God has poured on the Reiki Garden this spring in full force, providing the gardens with an abundance of moisture and nourishment. The gardens have responded by blooming beautifully and providing a canopy of lush green foliage to be enjoyed in this summer's sunshine.

At the beginning of June, three avid gardeners - Brian Awde, Kay Gurbin and Richard Gurbin began the arduous task of completing the laying of the patio stones in the Buddha Garden. The plan for this project was 'hatched' at the Mad Hatters Garden Party back in March.

First, the patio had to be dug up and this was accomplished on a day where the levels of heat and humidity were very intense. The next step was the removal of mountains of earth which involved loading the trailer and two trips to the recycling area.

Many thanks to Brian who did a fantastic job of designing the pattern/layout of the stones and with the assistance of Kay and Richard was able to complete this task. The final result is pure perfection.

Kudos to these three angels – because of their hard work and inspiration the Garden is continuing to grow and expand.

Many thanks to all the Garden Angels – your help with the Garden is greatly appreciated.

The Gardening Committee

A Poem by Kay Gurbin

Who am I?

Who am I in this world of chaos,
Aching to be heard when no one cares to listen?

I am the one afraid to hear.

A voice inside calls my name
And beckons me to rest.
To stop and watch the breathing of the clouds.
There is no place to go
Because this is my true home,
A place beyond the chaos of my mind,
And stillness reigns supreme,
Eternity in each breath.

I am one with everything I see.

This is the place that I have been seeking.
It is here and it is now.

And I am the peace that I have sought.
I am the Peace.

I AM.

REIKI CLASSES IN SEPTEMBER "COME ON BACK"

Everyone who has taken Reiki with John, Ellen or Denise is welcome to come back to Reiki House to review, refresh and reconnect with the Reiki family.

If you know of someone wanting to take Reiki I, we still have space in the class.

Are you ready to take your next step? Do Reiki II. If you have done Reiki II, then there's the Viamede Retreat in the first week in October.

Do come to say hello to John and Ellen. Next spring, we will celebrate 10 years at Reiki House!



FULL MOON MEDITATION & KEYNOTES

Saturday, August 16th

Leo Keynote:

I am That,
and That am I.

Sunday, September 14th - 2:45 pm

Virgo Keynote:

I am the mother and the child.
I, God, I, matter am.

Tuesday, October 14th - 6:45 pm

Libra Keynote:

I choose the way that leads
between the two great lines of force.

No Full Moon Meditation in August

Please be prompt!!!

FULL MOON CHANTING

No Full Moon Chanting in August

Sunday, September 14th
2:00 pm

Tuesday, October 14th
6:00 pm

Facilitated by Kaiko Golwalla



Summer BBQ - Painted Ladies!



Summer BBQ - Whose Cooking?

BBQ AND FUN FUNDRAISER

Our annual BBQ and Fun Fundraiser was a huge success. In spite of the rain, there was face painting for the "young at heart" and of course the kids. Karaoke was enjoyed by all. There were great raffle and silent auction prizes, and a 50/50 draw. The rain stopped so the barbecue masters could perform their magic. Our thanks to all who contributed to making this a fun day.

Come and enjoy the new addition to our patio. The proceeds from the BBQ and Christmas raffles helped to make this possible.

A Poem From a Heart of Love

"Dwelling deep within our heart,
And within the hearts of all beings
Without exception,
Is an inexhaustible source
Of love and wisdom.
And the ultimate purpose
Of all spiritual practices,
Whether they are called Buddhist
or not,
Is to uncover and make contact
With the essentially pure nature."

Lama Thubten Yeshe
Founder of Vajrapani Institute
and Land of Medicine Buddha

Transformational Tuesdays Gateways to Personal Transformation

9-STEP PRACTICE

An elegant process of transforming our beliefs.

1st Tuesday each month - 7:30 pm

September 2nd, October 7th
(No 9-Step Practice in August)

Facilitated by Craig Belanger
or Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

September 9th, October 14th
(No Reiki II Practice in August)

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

September 16th, October 21st,
(No Terrace Meditation in August)

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

October 28th
(No Akashic Practice in August
or September)

Facilitated by Craig Belanger
or Shirley Healy
(Reiki II required)



FALL LABYRINTH WALK

September 11th

6:00 to 7:00 pm

The walk is to be 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.

Usui Reiki House Schedule

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

Tuesday,	10:30 am to 3:00 pm	by Appointment
Wednesday,		(last appt - 2:00 pm)
Tuesday	7:30 pm	Transformational Tuesdays
Wednesday	7:30 pm	Community Reiki
Thursday	7:30 pm	Community Reiki

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.

Note: Centre closed for the month of August.

Reiki Outreach Schedule

Monday/Thursday mornings	Bayview Extencicare	9:30 - 12:00 noon
Monday mornings	Scarborough Extencicare	10:00 - 11:00 am
Tuesdays	Wellesley Central Place	9:30 - 11:30 am 5:30 - 6:30 pm (by appointment)
Wednesday mornings	Tendercare (Victoria Park & McNichol)	9:30 - 11:30 am

Please call the Centre for more information. Volunteer opportunities. Thank you to all the volunteers who assist at our various locations. Your dedication to our Reiki opportunities is truly appreciated.

Centre Fall Clean-up

Sunday, September 14th
11 am till sparkling!

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

Followed by Chanting and
Full Moon Meditation

Centre Snippets

☹ Our deepest sympathy is with Marilyn Symes at the sudden passing of her beloved husband Murray on July 6, 2008. Murray had just taken Reiki I with John and Ellen this past April. Marilyn is a devoted volunteer and gardener at the Centre. Our heartfelt love is with her at this time.

VOLUNTEERS NEEDED

Volunteers are needed for Reiki House and the Outreach Programs.

REIKI HOUSE - at Usui Reiki Centre, 3 Oakhurst Drive, on Wednesday and Thursday evenings (from 7:30 pm)

BAYVIEW EXTENDICARE - at Cummer and Bayview Avenues on Monday or Thursday mornings (9:30 am - 12 noon)

TENDERCARE - at Victoria Park and McNichol Avenues on Wednesday mornings (9:30 am - 11:30 am)

If you can help out at any of these locations please call the Centre 416-218-0696.

CENTRE WISH LIST

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

- VOLUNTEERS to put hands on during days or evenings - see Reiki House schedule.
- DONATIONS towards supplies and materials to upgrade the Centre.

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 may be subject to editing

Kids Reiki

If you are interested in your child attending a Kids Reiki Class, please contact the Centre.



Outreach

When I started with Outreach, I could see a gap in meeting Senior Community needs. Over the years, I have seen this gap close and I'm happy to have been a part of it. I feel confident that this work will continue with the commitment of those presently involved.

For this reason, starting July 1/08, I am stepping back from my role as Outreach Coordinator for the Reiki Centre. During June and July, I am eager and available to work with you all to ensure a smooth transition.

Thank you all for your help and support. It has been great!

I look forward to seeing you at the Centre.

Respectfully submitted,
J. Ann Irving, Outreach Coordinator

REIKI CENTRE GENERAL MEETING

Sunday, October 26th 2008 at 2:00 pm
All are welcome

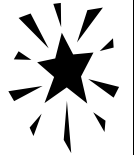
Usui Reiki

Centre Closed August 2008

Usui Reiki Centre September 2008

MONTHLY HIGHLIGHTS

Centre Clean-up Sept 14th
 Full Moon Sept 14th
 Reiki I Classes Sept 19th - 21st
 Reiki II Classes Sept 21st - 23rd
 Viamede Retreat Sept 28th - October 5th



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day 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	9 Silent Med 7 pm Reiki II Practice 7:30 pm	10 Community Reiki 7:30 pm	11 Labyrinth Walk 6 pm Community Reiki 7:30 pm	12	13
14 Centre Clean-up 11 am Chanting 2 pm Full Moon 2:45 pm	15	16 Terrace Meditation 7:30 pm	17 Community Reiki 7:30 pm	18 No Community Reiki	19 Reiki I Class 7 pm - 11 pm	20 Reiki I Class 10 am - 6 pm
21 Reiki I Class 12-6 pm Reiki II Class 7-11 pm	22 Reiki II Class 5:30 pm - midnight	23 Reiki II Class 5:30 pm - midnight No Akashic Practice	24 Community Reiki 7:30 pm	25 Community Reiki 7:30 pm	26	27
28 Viamede Retreat 3 pm	29 Viamede Retreat	30 Viamede Retreat				

Usui Reiki Centre October 2008

MONTHLY HIGHLIGHTS
 Viamede Retreat Sept 28th - Oct 5th
 Full Moon October 14th
 Centre General Meeting October 26th



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

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

VIAMEDE RETREAT WITH JOHN CRUNDALL & ELLEN ROSE

“The Irresistible Voice of Soul”

WHEN: Sunday, September 28th to Sunday, October 5th, 2008.
Check-in time 3 pm - Gathering 6 pm.

WHERE: Viamede Resort, Peterborough, Canada
(www.viamede.com)

COST: \$795.00 CDN includes course fee,
all meals and shared accommodation

REGISTRATION: A deposit of \$220.00 CDN due immediately
(non-refundable after September 1st).
Balance \$575.00 CDN upon check-in to Viamede Resort
(cash or cheque only)

Reiki II is a prerequisite. Participants must have taken Reiki II
with Denise or John Crundall, or have sat in on both their
Reiki I and Reiki II classes.



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 \$220 made to E.J. Rose

Balance of \$575 payable to Viamede Resort upon check-in on September 28th

(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) 226-3266



Reiki

with

John Crundall & Ellen Rose

Certified Reiki Masters from the Usui Reiki Centre
in Melbourne, Australia

Reiki

Reiki means Universal Life Energy. Many cultures dating back to ancient times have had the wisdom and the knowledge that an unseen energy flows through all living things, and is directly related to the quality of health in life. Reiki addresses body, mind and spirit accelerating one's ability to heal one's self. Reiki, as taught by its rediscoverer Dr. Usui, has a simple set of procedures to follow, which were passed down to each of the Reiki Masters who followed his teachings.

Reiki is easy to learn and is simple, effective and safe. Reiki allows anyone to contact this unlimited energy and transmit it through the hands, to themselves and others, creating the space for improved health and enhanced quality of life.

Reiki Level I

\$175.00 Friday September 19th 7:00 pm-11:00 pm
Saturday September 20th 10:00 am-6:00 pm
Sunday September 21st 12 Noon-6:00 pm

Reiki Level II

\$450.00 Sunday September 21st 7:00 pm-11:00 pm
Monday September 22nd 5:30 pm-Midnight*#
Tuesday September 23rd 5:30 pm-Midnight*

*Bring Pot-Luck Dinner to share. #Bring picture for healing
Finishing times are approximate

John Crundall

John began teaching in 1991, in partnership with his beloved wife and spiritual teacher—Denise Crundall. Denise and John established the Usui Reiki Centre in Melbourne, Australia, a healing Centre which is run entirely by volunteers and funded by donations.

Together, they have inspired people around the world, teaching in Australia, USA, Canada, Germany, Russia and Thailand.

Denise passed on in June 2002, and John now carries the Light of Reiki in her name.

Their journey continues through his dedication and commitment to the Lineage and Love of Reiki. John's warmth, wit and wisdom make him a gentle and powerful teacher. His courage and love inspire all who step into the energy of Reiki to heal themselves and discover their own spirituality.

**Classes are held at:
The Usui Reiki Centre
Reiki House
3 Oakhurst Drive
Toronto M2K 2N2
Tel: (416) 218-0696
Fax: (416) 226-3266**

Please no parking on the street. Parking is permitted at Bayview Cummer Mall.



Registration

Name: _____
(as you would like it to appear on your certificate)

Phone: _____ **E-mail:** _____

Address: _____

City/ Province: _____ **Postal Code:** _____

Enroll Me For Reiki Level 1 ___ **Deposit \$75.00** ___ **Full Payment \$175.00**
Enroll Me For Reiki Level 11 ___ **Deposit \$150.00** ___ **Full Payment \$450.00**

Please make cheques payable to E.J. Rose