



# LIGHT LINES

## CELEBRATING UNIVERSAL LIFE ENERGY

August September October 2009

### Meditation at the Full Moon

Every month at the full moon, we gather at the Centre to partake in a full moon meditation along with countless groups throughout the world, in service to humanity. As the Lucis Trust website notes, "meditation is a potent method of service to humanity when the mind is used as a channel for the reception of the energies of light and love and the will-to-good, and their direction into human consciousness. The moment of the full moon each month offers the greatest opportunity for meditation - particularly in group formation - to be used as a means of cooperation with the Divine Plan or Intention for our world."

The time of the full moon represents the peak in the ebb and flow of spiritual energy cycles, during which groups, as well as individuals, can consciously cooperate. It is a window when channelling of energy through group meditation can be uniquely effective. The fully-lighted moon indicates a free and unimpeded alignment between our planet and the sun, the solar centre, the energy source for all life on Earth. At such times, we can make a definite approach to God, the Creator, the centre of all life and intelligence.

Each full moon has a keynote and reading related to the astrological sign for that period. In this sense, we are concerned with esoteric astrology, the astrology of the soul, the disciple. The reading is in-

tended to focus, unite and lift the thought process of those present.

*"The twelve annual Festivals will constitute a revelation of divinity".*  
Alice A. Bailey

The Lucis Trust states that "the energies which are uniquely available at the full moon - when rightly understood, received and transmitted in meditation - can be instrumental in helping humanity to move towards its spiritual goal as an integrated, aligned centre of consciousness within the body of the One in Whom we live and move and have our being. We become aligned and integrated as a group, open in consciousness to the Hierarchy and the Christ as head of the Hierarchy, and also form a usable channel of energy communication in human consciousness." This is the essential objective of monthly full moon meditation meeting.

The full moon ceremony consists of the reading for the month, with its keynote approach to the hierarchy, followed by the full moon meditation itself, letting in the light. The full moon meditation consists of seven stages - **group fusion** (affirming the integration of the group within our heart centre); **alignment** (projecting a line of lighted energy towards the spiritual Hierarchy of the planet); **higher interlude** (holding the mind

open to the extra-planetary energies); **meditation** (reflection on the seed thought or keynote for the month); **precipitation** (visualizing the energies of light, love and will-to-good pouring throughout the planet); **lower interlude** (refocus the consciousness of the group); and finally **distribution** (reciting the Great Invocation).

Specific information regarding the full moon ceremony, the keynotes and the meditation stages are available at the Lucis Trust website at [www.Lucistrust.org](http://www.Lucistrust.org). We invite you to participate in our monthly meditations at the Centre - they are open to all. If unable to attend in person, we encourage you to sit quietly at home during this period, recite the Great Invocation and meditate in silence. The full moon meditations offer the opportunity to all those who wish to participate to input what they can. It is a ceremony, not of receiving, but giving, an opportunity to improve one's own spiritual practice by serving humanity.

In love and service  
Brian Awde

### Viamede Retreat with John Crundall and Ellen Rose



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, October 4th - Sunday, October 11th, 2009**

Book your Retreat time now! \$895.00 includes course fee, all meals and shared accommodations. \$295 deposit by September 7th. Balance due upon check-in in at Viamede Retreat. See registration form on page 8 of Newsletter.



### Learn Reiki with John & Ellen

Classes in May

#### Classes in September

REIKI I \$225.00	Fri Sept 25th	7:00 pm - 11:00 pm
	Sat Sept 26th	10:00 am - 6:00 pm
	Sun Sept 27th	12 noon - 6:00 pm
REIKI II \$525.00	Sun Sept 27th	7:00 pm - 11:00 pm
	Mon Sept 28th	5:30 pm - Midnight
	Tues Sept 29th	5:30 pm - Midnight

Dates for Spring 2010 classes to be published in the next newsletter

### Usui Reiki Centre at Reiki House (since 1999)

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

Access the Centre calendar at our website

## THE GARDEN CORNER

### THE ROSE GARDEN AT REIKI HOUSE

The theme for "Roses" began back on May 23<sup>rd</sup> when John Crundall and Ellen Rose handed out bunches of multi-coloured roses to everyone who participated in the 10th Year Celebration of Reiki House. We were blessed to have Kevin Tims, our friend from Australia, also join us for the Celebration. Upon returning home, Kevin gifted to the garden a beautiful "David Austin" fragrant English rose bush.

This bush has been planted near the front entrance of Reiki House and has joined Yezdi's "Rose of Sharron" bush and some miniature roses. It seems that this garden is blooming with luscious roses.

### A Special Gift for the Garden

In Celebration of Reiki House, a monetary gift was presented from John and Ellen, as well as the Melbourne Reiki Centre to be used for the replacement of the Cedar trees in the 'Buddha Garden'. Many other donations were also received from members of the Reiki community. The trees will be replaced some time in the Fall.

The Garden Committee would like to give special thanks to *Marilyn Symes* for the creation and precise detailed planning of the garden. The garden has now matured and is flourishing with the changing seasons. The result is "Nature at its Best". Thanks also to Dan Imre for keeping the lawns manicured and looking great.

*Many thanks to the Garden Angel Volunteers for their donations.*

### The Garden Committee

## Fall Fundraiser

All welcome!

Sunday, November 1st from 3 to 7 pm

Silent auction, raffles, gift baskets, 50/50 draw and entertainment!!!

We supply pasta and soft drinks. BYOB

Please bring salad or dessert.

Signup sheet in office.

## A Brief History of the Rose

Roses today seem very commonplace. We rarely consider how they became so widespread throughout the world. Many people do not realize that the roses we know today primarily originated in Asia. They were initially grown not as ornamentals, but as medicinal plants. Roses were used to treat a variety of ailments. In some Asian countries medication based on the rose plant can still be found today. Around the 16th Century roses began to be exported from China by European ships exploring Asia. Europe and the Americas did have some roses, but they were primarily wild. There was little colour selection, most were shrub like and bloomed once a year. Roses imported from Asia were of greater quality, variety and many offered repeated blooming. The joy of tending plants that bloom throughout the growing season caused rose gardening to catch on as a hobby throughout the developing world.

Before new varieties were brought from Asia Europeans as far back as the Romans grew roses, but they were of the "old world" type. The dividing line between "old world roses" and "modern" hybrid tea roses is considered to be 1867. From the Roman Empire until 1867 roses grew and declined.

Rose growing took off again in France during the 1800's when Empress Josephine (wife of Napoleon Bonaparte) encouraged rose gardening to be explored and further developed. Josephine's plan was to bring every single rose variety in existence to the Malmaison Chateau where she resided. She worked with many important botanists and rose enthusiasts during the early 1800's to bring the roses of the world to France.

Roses have really come a long way. In a way, rose gardening can make you feel in touch with those who gardened throughout history.



## FULL MOON MEDITATION & KEYNOTES

**Wednesday, August 5th**

**Leo** Keynote:

I am That  
and That am I.

No Full Moon in August

**Friday, September 4th**

**Virgo** Keynote:

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

No Full Moon in August

**Sunday, October 4th - 2:45 pm**

**Libra** Keynote:

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

## FULL MOON CHANTING

No Full Moon Chanting in August

No Full Moon Chanting in September

**Sunday, October 4th**  
**2:00 pm**

Facilitated by Kaiko Golwalla

## Message from the Mountaintop



Greetings! We are all rejoicing here, at your willingness to listen. To go beyond the fear of getting it wrong, and begin to experience what a conscious relationship with us sounds, looks and feels like. It's not easy to follow the beat of your own heart, when all around you, there are those who want you to do it "their" way, and who think there is only one right answer. We suggest that this is not the path of oneness, rather it be the path of sameness. Look at the mess this thinking has created.

Why would anyone else be able to hear God/Goddess/All That Is, more correctly than you? Why would you give the power to direct your life over to anyone other than Source? Did Source not endow all of you with hearts and minds? Are you not all on a Soul's journey, this life? If Source gave anyone tools to discover and sharpen, and learn to use clearly, why not to you?

There be a time to responsibility for what and whom you listen to. You know right from wrong, and you know in your hearts when your actions are not in accordance with your Inner Teacher. You let life lead you this way and that, and then say "I had no choice." Yet, you always have the choice to listen to the Inner Truth. It may feel more like a vibration than a word, yet it is always flowing to you, available to pay attention to. You make excuses, but in your Soul, you know them for what they are. Tell yourself the truth! "Deep down, I knew better, but I ignored the vibration because I thought it would be easier for me, or for them and now I'm feeling the discomfort of my choice."

Trying to win a position within your group or society that makes you feel safe is at best, a short term affect. As time is moving ever faster, that temporary relief will be shorter and shorter lived. We are creating our reality, more instantaneously.

There is a road to follow, it vibrates within and then without as you live it. It grows within you the path of integrity, honor and respect. Listen to that Inner Teacher/Truth that sees beyond this situation to your highest and greatest good. It is always trying to lead you in that direction. The lack of faith that we ARE that connected, leads to choices that keep you swimming in a well of con-

fusion. Trusting can allow the excitement of bouncing along a stream that may well lead to rapids you have to traverse to keep going. They will propel you forward, you will learn new skills, if you keep listening and trusting. Or you could keep torturing yourself, trying to hang on to what you have, even though you keep hitting the walls of the well. You have to let go of who you think you are, to allow yourself to grow. Have the faith that if your Inner Being is saying, "Let go and let God", it's because there is something greater we want you to experience.

There is an ancient wisdom whose time has come. It's calling you to move and learn in new ways. Civilization is coming full circle, to begin a new wheel. You have the opportunity to align with, and create a new paradigm, within this lifetime! It is challenging old beliefs and structures. As they crumble, you will need a direct, personal connection to build a bridge to the new Earth, to step into a new dimension. The old ways cannot sustain you for what is coming.

Start to build this bridge within yourselves, listening to your connection, becoming aware of your vibration, changing direction when you feel you are not in alignment with your Core, thereby lifting your vibration.

We want you to succeed! We have mapped out, with you, your direction home, to the heart of your being from which all else flows. Fine tuning your awareness expands the field of where you pick up the messages. It is easier to work with energetic pulses before they take on a mental, emotional, or physical body. You can begin to work with this information before it becomes densely manifested. You can make changes with your thoughts and beliefs, before they appear in your physical reality. By listening and paying greater attention to our messages, you can save a whole lot of drama, and use this energy to vision and grow the dreams you would like to appear, like becoming your Inner Teacher, perhaps!

Begin to raise your vibration, by listening to it and acting on it. As our Master Reiki Teacher, Denise Crundall said, "May the Source be with you", and may you make it a priority.

In Love and Light, Cheryl Cowie

## Transformational Tuesdays Gateways to Personal Transformation

### REIKI II PRACTICE

With optional Silent Meditation  
7:00 pm

2nd Tuesday each month - 7:30 pm  
**(No Reiki II Practice in August)**  
**September 8th, October 13th,**  
Facilitated by Cheryl Cowie  
(Reiki II required)

### TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm  
**(No Terrace Meditation in August)**  
**September 15th, October 20th**  
Facilitated by Darlene Awde

### AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm  
**(No Akashic Practice in August)**  
**September 22nd, October 27th**  
Facilitated by Cheryl Cowie  
(Reiki II required)

### VOLUNTEERS WANTED

Can you help out with day or evening Reiki?

Tuesday/Wednesday day - 10:30 to 3:00  
Wednesday/Thursday evenings - from 7:30

Please call the Centre at 416-218-0696.

Your help is greatly appreciated.

Thanks Darlene

## Donations Needed For Fundraiser!!

Help us fill gift baskets with new items (ie. for kitchen, bath, personal, home, garden) for our Fall Fundraiser draws.

Also welcomed are movie passes, event tickets and gift certificates.

Please leave items at the Centre office by Thursday, October 29th.

## Usui Reiki House Schedule

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

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

## 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.

## Reiki Outreach Schedule

<b>Monday/Thursday mornings</b>	Bayview Extencicare	9:30 - 12:00 noon
<b>Monday mornings</b>	Scarborough Extencicare	10:00 - 11:00 am
<b>Tuesdays</b>	Wellesley Central Place	9:30 - 11:30 am 5:30 - 6:30 pm (by appointment)

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.

## 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 due to space.

## REIKI HOUSE 10<sup>TH</sup> ANNIVERSARY CELEBRATIONS

On May 23, we celebrated our tenth year anniversary at Reiki House.

This celebration brought in congratulatory messages, gifts and donations from around the world. It is an honour to know that our Centre connections are still strong, appreciated and highly thought-of by those not present here in Toronto. Messages sent from Australia, United States, Germany and Africa remind us that we are still connected and making a difference in people's lives. Even as we all shift, change and move, we know that the doors of Reiki House are open and welcoming.

Reiki House was decorated with 10 dozen roses. The walls held posters of photos of memorable events of the past 10 years - classes, Christmas parties, Easter gatherings, showers, fund raisers and of course our lineage. The posters will be kept up for the year, do come by and see them.....you might find yourself in one!

Those who attended the open house had a chance to reconnect with friends and John and Ellen. Ellen sent everyone home with a beautiful rose in gratitude for all they have contributed to making Reiki House a beacon of Light. A commemorative bookmark designed to honour the occasion was gifted to all as they left.

The celebrations will continue through this year, we hope you will come and join our community as we still have a lot to celebrate yet!!

Darlene Awde

## Centre Snippets

- © Kay and Richard Gurbini have moved to Bracebridge Ontario. We wish them much joy in the in their new home. Kay will continue to be at the Centre Tuesday's during the day.

A REMINDER.... As of this issue, we are no longer doing a mass mailing of this newsletter to help conserving the use of paper. If you would like to receive a hard copy, or know of anyone who would like one sent to their home, please see the website and send in a \$5.00 donation by cheque or Paypal to cover the mailing and printing expenses. If you know of someone who would like to get a copy by email, please send their email address to our email.

## Centre Clean-up

Sunday, September 20th  
 11 am til sparkling!

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

Kids  
 Reiki  
 Class in  
 May 2010



We are very interested in forming a Kids Reiki class in May 2010 while John and Ellen are here. This is an amazing opportunity for your child to embrace the gift of Reiki that will impact their entire life. Children must be 6 or older. If you are interested in your child attending a Kids Reiki Class, please contact the Centre.

## REIKI CENTRE GENERAL MEETING

Sunday, November 29th 2008 at  
 2:00 pm

All are welcome

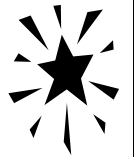
# Usui Reiki Centre Closed August 2009

## Usui Reiki Centre September 2009

See Centre website at [www.urct.org](http://www.urct.org) for calendar updates and changes.

### Monthly Highlights

Centre Clean-up Sept 20th  
Reiki I Classes Sept 25th - 27th  
Reiki II Classes Sept 27th - 29th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Centre Closed	2 Centre Closed	3 Centre Closed	4 ○ No Full Moon Centre Closed	5
6	7 Labour Day Centre Closed	8 Silent Med 7 pm Reiki II Practice 7:30 pm	9 Community Reiki 7:30 pm	10 Community Reiki 7:30 pm	11	12
13	14	15 Terrace Meditation 7:30 pm	16 Community Reiki 7:30 pm	17 Community Reiki 7:30 pm	18	19
20 Centre Clean-up 11 am	21	22 Akashic Practice 7:30 pm	23 Community Reiki 7:30 pm	24 No Community Reiki	25 Reiki I Class 7 pm - 11 pm	26 Reiki I Class 10 am - 6 pm
27 Reiki I Class 12-6 pm Reiki II Class 7-11 pm	28 Reiki II Class 5:30 pm - midnight	29 Reiki II Class 5:30 pm - midnight	30 No Community Reiki			

# Usui Reiki Centre October 2009

**Monthly Highlights**  
 Viamede Retreat Oct 4th - Oct 11th  
 Full Moon October 4th



See Centre website at [www.urct.org](http://www.urct.org) for calendar updates and changes.

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



# 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

\$225.00 Friday Sept 25th 7:00 pm-11:00 pm  
Saturday Sept 26th 10:00 am-6:00 pm  
Sunday Sept 27th 12 Noon-6:00 pm

#### Reiki Level II

\$525.00 Sunday Sept 27th 7:00 pm-11:00 pm  
Monday Sept 28th 5:30 pm-Midnight\*#  
Tuesday Sept 29th 5:30 pm-Midnight\*

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

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

### 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, Thailand and Austria.

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.

Ellen Rose co-founded the Toronto Usui Reiki Centre and moved to Australia to apprentice with Denise and John. After Denise's passing, she began teaching together with John. Together, they continue to teach in her name.

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

### 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 \$100.00      \_\_\_ Full Payment \$225.00  
Enroll Me For Reiki Level 11      \_\_\_ Deposit \$150.00      \_\_\_ Full Payment \$525.00

**Please make cheques payable to E.J. Rose.  
Deposits are non-refundable, but will be held over for the next class if requested.**

# VIAMEDE RETREAT WITH JOHN CRUNDALL & ELLEN ROSE

WHEN: Sunday, October 4th to Sunday, October 11th, 2009.  
Check-in time 3 pm - Gathering 6 pm.

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

COST: \$895.00 CDN includes course fee,  
all meals and shared accommodation

REGISTRATION: **A deposit of \$295.00 CDN cash or cheque  
made to E.J. Rose due with registration**  
(non-refundable after September 1st)

Balance of \$600 payable to Viamede Resort at check-in on October 4th  
**(NOTE: cash, cheque, Visa, Mastercard or AMX accepted)**

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



## 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 \_\_\_\_\_

Send registration to: Usui Reiki Centre Toronto  
3 Oakhurst Drive  
North York, Ontario  
Canada M2K 2N2  
Tel: (416) 218-0696  
Fax: (416) 226-3266