



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

February March April 2006

I want to let you know that I go into meditation and ask for words of inspiration from Source to write this article each quarter. I am truly grateful and honored by the response and the opportunity to share it with you.

From the foundations of the world, I bring you blessings, enlightenment and Spirit. This be a year of great change. A time for responsibility to love yourself, your fellow man, human beings everywhere, your Mother Earth, your God and Goddess and All That Is.

Now, more than ever, let yourself feel the impact of their Love for you and for what you are creating.

See the Godliness in all things. Tread lightly but steadfastly upon the path of right action. Let yourself be guided by the highest part of you. Invoke it often. Ask for understanding where there is none. Ask to be the best that you can be and have the courage to let that expand. Recognize and embrace yourselves.

Loving yourself unconditionally be the greatest selfless act of service you can offer. For from that place, you can create miracles, spaces for healing and reflect God's glory. Only in loving yourself, can you move forward on the path of mastery in this lifetime. A happy, joyful, loving person creates Light wherever they go and others are touched by their very presence.

Being who you truly are, giving yourself nurturing love and acceptance, creates a lack of need, a place of wholeness that may inspire others to step into. It creates a non-reactive

state of being - for all you encounter is perceived through the eyes of Love. You can be in this world and not of it, as in -you can sense the turmoil and yet not fall into it. You can hold the frequency of love this world so desperately needs.

In loving yourself, you set free those qualities of self-love, self-respect and self-worth that enable you to respond to your world with caring, responsible choices that can produce right action. You are healing your separation from your God-Self, which causes so much pain and suffering for all. You automatically see a bigger picture, for you have claimed your Oneness with Creator.

It's a new day in a new world. Stop and love yourself in this moment and feel yourself expand into No-Time. Feel the present moment and fill it with Love, starting with your love for you. May God bless and hold you in this time of miraculous change.

In Love and Light
Cheryl Cowie

REIKI RETREATS

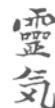
WITH JOHN CRUNDALL

John is offering three retreats this coming year, providing opportunities to explore and further your spiritual development. If you are interested in attending any of these retreats, see the registration forms in the office or on the website. Space is limited at all retreats.

Tasmania, April 1st - 8th, 2006
Australia

Land of Medicine April 12th - 15th, 2006
Buddha, California

Viamede Resort, Sept 24th -1st Oct, 2006
Canada



Learn Reiki with John

Classes in May

REIKI I Fri May 5th 7:00 pm - 11:00 pm
\$175.00 Sat May 6th 10:00 am - 6:00 pm
Sun May 7th 12 noon - 6:00 pm

REIKI II Sun May 7th 7:00 pm - 11:00 pm
\$450.00 Mon May 8th 5:30 pm - Midnight
Tues May 9th 5:30 pm - Midnight

Classes in September

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

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

Centre Spring Clean-up

Saturday, April 29th
10:00 am till sparkling!

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

Silent Auction and Potluck Cocktail Party

Sunday April 2nd
2:00 pm to 5:00 pm
(4:30 bid cut-off)

Bring an appetizer to share (BYOB)

Donated items to be delivered to the Centre by March 30th



REIKI CENTRE GENERAL MEETING

Sunday, April 30th 2006
at 2:00 pm

All are welcome

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

THE GARDEN CORNER

It would appear that Our Garden has taken on a personality of its own and yet is becoming more and more a part of our Reiki Centre. The flow from one to another is not always visible, but the feeling is always there.

Over the past few years, there have been a lot of practical improvements and love put into changes, new shrubs, flowers, a waterfall and our beautiful Buddha.

Please take a look at our lovely garden on your next visit, be it in February or in the Spring time and ENJOY!

Mary Lepik

"The Garden Committee" would like to extend its thanks to all the Angel Volunteers for their continued hard work in the Garden. This summer was a "long hot one" and the garden needed a lot of watering. In the Fall, there was an amazing amount of leaves that were raked ... the garden provides a chance for people to be involved in the Community and it has been a lot of fun!

The Summer of 2006 promises to be another Adventure in the Garden...so get out those gardening gloves...it's not that far away. THINK S-U-N = W-A-R-M-T-H



Mad Hatters Garden Party—2005



Remember to create/bring an original hat. A prize will be awarded for the best hat!! Oh yes...as part of our tradition, we will be serving delightful desserts and refreshments

Mad Hatters Garden Party

BE SURE TO MARK YOUR CALENDARS FOR THE ANNUAL MAD HATTERS GARDEN PARTY

TO BE HELD ON SUNDAY, MARCH 26th at 2:00 pm
PLANS FOR THE REIKI GARDEN WILL BE REVEALED!!



LABYRINTH WALK

Good Friday
April 14th - 10:00 to 12 noon

The walks are 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.

Kids Reiki

Sunday, February 26th, noon - 2:00 pm (Reiki House)
February field trip to be decided
Sunday, March 5th - field trip to be announced
Sunday, March 26th, noon - 2:00 pm (Reiki House)
Sunday, April 9th, field trip to be announced
Sunday, April 23rd, noon - 2:00 pm (Reiki House)

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

Facilitated by Linda Ojala



FULL MOON MEDITATION & KEYNOTES

Sunday, February 12th - 5:45 pm
Aquarius Keynote:
Water of life am I,
poured forth for thirsty men.

Tuesday, March 14th - 6:45 pm
Pisces Keynote:
I leave the Father's home
and turning back, I save.

Wednesday, April 12th - 6:45 pm
Aries Keynote:
I come forth and from
the plane of mind, I rule.

Please be prompt!!!

FULL MOON CHANTING

Sunday, February 12th
5:00 pm

Tuesday, March 14th
6:00 pm

Wednesday, April 12th
6:00 pm

Facilitated by Kaiko Golwalla

Reiki, Yoga and Meditation and St. James

The Reiki ministry through St. James United Church in Etobicoke continues to expand. Reiki classes have been full to capacity up to 5 months in advance, and numerous others have been encouraged to train with John and Ellen at the Reiki House.

Kay Gurbin was invited into the fine tuning room at the October 2005 Reiki I class, in recognition and celebration of her personal and spiritual advancement achieved during the Viamede Retreat. Many of you may have noticed or felt the shift in her being. I hope you will uphold both Kay and Coral in discerning when Kay has aligned all the qualities needed for initiation into mastery: personal character, connection with Source, ability to sustain the frequency, and a clear vocation of service.

Another exciting development is that Coral's dream of inspiring and equipping ten other churches to embrace the healing ministry is beginning to be fulfilled. She has trained five Reiki channels from Eglinton-St. Georges United Church in Toronto, including one of their ministers, and served as a consultant in their process of establishing a healing ministry. Four others from Grace United Church in Brampton who took the training, hosted a Reiki I class of their own. Five more people from their congregation, including one of the ministers, took Reiki I training this January 2006. The church has designated a room for Reiki where daytime and evening Reiki will be offered on a regular basis. Congratulations to the Grace

United Church community and many thanks to the volunteers who came from far and wide to support this new initiative.

Your help is needed on April 21-23, 2006. Coral will be teaching her second Reiki II class with another 12 students registered. The St. James team does not yet have enough Reiki II channels to support the new students (only three or four people who can do them with confidence), so Reiki II channels from the Reiki House are very much needed. Please mark this weekend in your calendar if you would be willing to share your energy with this budding group, and hold us in your heart wherever you are.

We also celebrate God/Source drawing new members to St. James United Church through the Reiki ministry. One of these new people, Lynda Neil, studied Siddha Yoga Meditation in India and New York for over 12 years with Meditation Master, Swami Chidvilasananda. Lynda became a certified Kripalu Hatha Yoga teacher in 1995 at the internationally recognized Kripalu Yoga Center in Lennox, MA. Starting Saturday, February 11 from 10:30 – 11:30 a.m. Lynda will lead a combination of Hatha yoga postures, yogic breath work and meditation. All are welcome. Simply wear loose fitted clothing and bring a blanket. St. James United Church is located at 400 Burnhamthorpe Road 2 blocks east of Hwy. 427 in Etobicoke. Telephone 416,622-4113 or Email coral@idirect.ca

In gratitude and service,
Coral Prebble



St. James United Church April 2005 Reiki I Class

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

**February 7th, March 7th,
April 4th**

Facilitated by Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

**February 14th, March 14th,
April 11th**

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

**February 21st, March 21st,
April 18th**

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

**February 28th, March 28th
April 25th**

Facilitated by Shirley and Cheryl
(Reiki II required)

POT LUCK DINNER WITH JOHN

Saturday, May 6th at 7:30 pm
Following the Reiki class.

BYOB and a "pot" of food



EVERYBODY WELCOME!

Usui Reiki House Schedule

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

Monday	7:30 pm	Course in Miracles
Tuesday, Wednesday,	10:30 am to 3:00 pm (last appt - 2:00 pm)	by Appointment
Tuesday	5:45 pm	Yoga
	7:30 pm	Transformational Tuesdays (see calendar)
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.

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 to create a Prayer/Meditation space.
- Volunteers to put hands on during days or evenings - see Reiki House schedule.
- Donations towards supplies and materials for repainting the Centre.

Newsletter Submissions

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

Centre Snippets

☺ The fine-tuning room is lighter and brighter with a new coat of paint. This space is now available to anyone, anytime as a meditation and prayer room. When a new client saw the space, she immediately donated a beautiful antique round table to grace the room. Thank you.

☺ There is now a proper working lock on the Centre bathroom door. Hallelujah!!

OUTREACH PROGRAM - BAYVIEW EXTENDICARE

Our second information meeting was held on Monday, January 9th at 7 pm in the chapel at Bayview Extencicare. A cross-section of present clients, Extencicare staff, and relatives of new residents requesting Reiki attended. Thanks to Karen, Kay, Richard, Vicky and Maralyn for helping make the evening the success it was.

Ann Irving.

Tai Chi with Margarita

Beginning April 26th
Each Wednesday
for 45 - 60 minutes
9:30 am and 3 pm



Margarita is teaching a new form of Tai Chi created by well known expert, Dr. Paul Lam.

It consists of only 12 movements and is geared for everyone, including those experiencing discomfort from osteoarthritis, rheumatism, fibromyalgia, gout and any diseases involving joints and muscles. He claims that regular practice improves posture and mental capacity.

This healing energy work is a gentle and relaxing exercise, and is easily learned in a few sessions. It then takes time to achieve perfection and for the healing to take place.

By Donation

Painting Weekend

March 11th and 12th
Start 10:00 am

Help paint the main hall and washroom - bring your brushes and smiles



COURSE IN MIRACLES DISCUSSION GROUP

Discover a Foundation for Inner Peace and Universal Love

Please register at the Reiki House office for the next session.

Mondays 7:30 pm - 9:30 pm

By Donation

Facilitated by Stephen Foreman

Living With Intention Workshop

Sunday February 12th 1- 4:30 pm

Kay and Richard Gurbin will be leading this group exploration of how to bring more awareness of intention into our lives.

This workshop is open to everyone by donation.

Sign-up sheet in the office or call the Centre

YOGA

Tuesdays 5:45 pm - 7:15 pm

By Donation

Facilitated by Kay Gurbin

Course in Miracles Workshop

Acknowledge, Release & Find Inner Peace

Join Stephen Foreman for a Spiritual Intensive Weekend

Dates: March 17th, 18th & 19th

Email Stephen at s.4man@rogers.com for details and registration

Usui Reiki Centre February 2006

MONTHLY HIGHLIGHTS

Living With Intention Workshop
 - February 12th
 Full Moon February 12th
 Kids Reiki February 26th



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 Community Reiki 7:30 pm	3	4
5	6	7 Yoga 5:45 pm 9-Step Practice 7:30 pm	8 Community Reiki 7:30 pm	9 Community Reiki 7:30 pm	10	11
12 Workshop 1 pm Chanting 5 pm Full Moon 5:45 pm	13 Course in Miracles 7:30 pm	14 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	15 Community Reiki 7:30 pm	16 Community Reiki 7:30 pm	17	18
19	20 Course in Miracles 7:30 pm	21 Yoga 5:45 pm Terrace Meditation 7:30 pm	22 Community Reiki 7:30 pm	23 Community Reiki 7:30 pm	24	25
26 Kids Reiki noon	27 Course in Miracles 7:30 pm	28 Yoga 5:45 pm Akashic Practice 7:30 pm				

Usui Reiki Centre March 2006

MONTHLY HIGHLIGHTS

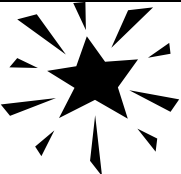
Kids Reiki Field Trip March 5th
 Painting Weekend March 11th/12th
 Full Moon March 14th
 Course in Miracles Workshop - Mar 17th/18th/19th
 Kids Reiki March 26th
 Mad Hatters Garden Party March 26th



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 Community Reiki 7:30 pm	3	4
5 Kids Reiki Field Trip	6	7 Yoga 5:45 pm 9-Step Practice 7:30 pm	8 Community Reiki 7:30 pm	9 Community Reiki 7:30 pm	10	11 Painting Weekend 10 am
12 Painting Weekend 10 am	13 Course in Miracles 7:30 pm	14 Yoga 5:45 pm Chanting 6 pm Full Moon 6:45 pm RII pract 7:30 pm	15 Community Reiki 7:30 pm	16 Community Reiki 7:30 pm	17 Course in Miracles Wkshop	18 Course in Miracles Wkshop
19 Course in Miracles Wkshop	20 Course in Miracles 7:30 pm	21 Yoga 5:45 pm Terrace Meditation 7:30 pm	22 Community Reiki 7:30 pm	23 Community Reiki 7:30 pm	24	25
26 Kids Reiki noon Mad Hatters Garden Party 2 pm	27 Course in Miracles 7: 30 pm	28 Yoga 5:45 pm Akashic Practice 7:30 pm	29 Community Reiki 7:30 pm	30 Community Reiki 7:30 pm	31	

Usui Reiki Centre April 2006

MONTHLY HIGHLIGHTS		
Silent Auction	April 2nd	
Kids Reiki Field Trip	April 9th	
Full Moon	April 12th	
Labyrinth Walk	April 14th	
Kids Reiki	April 23rd	
Centre Clean-up	April 29th	Tai Chi starts
Centre Meeting	April 30th	April 26th

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Silent Auction 2 pm	3 Course in Miracles 7:30 pm	4 Yoga 5:45 pm 9-Step Practice 7:30 pm	5 Community Reiki 7:30 pm	6 Community Reiki 7:30 pm	7	8
9 Kids Reiki Field Trip	10 Course in Miracles 7:30 pm	11 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	12 Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	13 Community Reiki 7:30 pm	14 Good Friday Labyrinth Walk 10 am	15
16 EASTER SUNDAY	17 Course in Miracles 7:30 pm	18 Yoga 5:45 pm Terrace Meditation 7:30 pm	19 Community Reiki 7:30 pm	20 Community Reiki 7:30 pm	21	22
23 Kids Reiki noon 30 Centre Meeting 2 pm	24 Course in Miracles 7:30 pm	25 Yoga 5:45 pm Akashic Practice 7:30 pm	26 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	27 Community Reiki 7:30 pm	28	29 Centre Clean-up 10 am

Usui Reiki Centre May 2006

MONTHLY HIGHLIGHTS

Reiki I Class May 5th - 7th
 Pot Luck Dinner May 6th
 Reiki II Class May 7th - 9th
 Full Moon May 12th
 Kids Reiki April 21st



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Course in Miracles 7:30 pm	2 Yoga 5:45 pm 9-Step Practice 7:30 pm	3 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	4 Community Reiki 7:30 pm	5 Reiki I Class 7 pm - 11 pm	6 Reiki I Class 10 am - 6 pm Pot Luck Dinner 7:30 pm
7 Reiki I Class 12 noon - 6 pm Reiki II Class 7 pm - 11 pm	8 Reiki II Class 5:30 pm – midnight No Course in Miracles	9 Reiki II Class 5:30 pm - midnight No Yoga	10 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	11 Community Reiki 7:30 pm	12 ○ Chanting 6 pm Full Moon 6:45 pm	13
14	15 Course in Miracles 7:30 pm	16 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	17 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	18 Community Reiki 7:30 pm	19	20
21 Kids Reiki noon	22 Victoria Day Centre Closed	23 Yoga 5:45 pm Terrace Meditation 7:30 pm	24 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	25 Community Reiki 7:30 pm	26	27
28	29 Course in Miracles 7:30 pm	30 Yoga 5:45 pm Akashic Practice 7:30 pm	31 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm			