



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

February March April 2007

Happy New Year!

For many, January is a time of reflection; to sift through life's experience thus far and to envision a new future for ourselves and for the world our children will inherit. I watched the ball drop in Times Square this past New Year's Eve and New York has dubbed 2007 as the "Year of Peace". Lazaris has also announced that this is the "Year of Understanding". I believe the two go hand-in-hand. It takes a deeper understanding of self and others to bring about peace. St. Francis of Assisi's Peace Prayer comes to mind...

Lord, make me an instrument of your peace;

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope

Where there is darkness, light;

And where there is sadness, joy;

Grant that I may not so much seek

to be consoled as to console;

To be understood, as to understand,

To be loved as to love;

For it is in giving that we receive,

It is in pardoning that we are pardoned,

And it is in dying [to ourselves] that we

are born to eternal life.

This prayer has become a calling to many...and a vocation to some. It really is a blueprint for peace. So let's explore peace for a while. What does it mean? We'll start with the Oxford Akashic, or dictionary. Sandwiched between *pea* and *peach*, it reads: Peace (n)-- quiet; tranquility; mental calm; se-

renity; freedom from or the cessation of war; freedom from civil disorder; in a state of friendliness; serene; re-establish friendly relations; reconcile.

Peace for me isn't always quiet, tranquil or serene, yet beneath the beautiful chaos of life with two young boys there is tenderness and a sense of okayness, that my life is good and whatever the challenge, I can trust myself and Higher Self to work it through. There is humility and courage – a quiet confidence – that weaves its way through my life. That's peace to me. In the greater world, leaders are talking about the cessation of violence and oppression and the opening of diplomatic solutions to the strife between nations. Peace as an end product – yet Lazaris would say it's merely the next step. What does peace mean to you? When do you feel it? How does it manifest in your reality?

This is a time to seek "not to be understood, but to understand", to go beyond the little self and embrace the higher ideals and truths as a way of life.

So let's explore Peace together. On February 17, we will host a workshop to discover greater depths of Peace and Understanding. It is open to all (as Peace should be), even if you haven't taken Reiki. There will be plenty of loving hands to give you a zap if you are in need. Children of all ages are welcome too. During one of the retreats, Source gave me a line "The children are not in the way, they are the way." If peace doesn't include the next generation then what are we doing this for? Come and

enjoy a day of discovering and transforming the core beliefs around peace, and creating a new vision for yourself and your world, and having a whole lot of fun in the process!

I am deeply grateful to be a part of this Reiki Community, for we have been given a great gift -- Reiki energy -- coupled with the wonderful teachings, as brought forth to us by our beloved teachers.

There is a lot of amazing work being done together; Wednesday and Thursday night Community Reiki, Transformational Tuesday (my favourite!), day appointments, outreach programs, workshops and retreats.

We are truly fortunate to have so many ways and opportunities to create peace and healing for ourselves and our world.

Have a glorious and Peace-Full New Year.

With love and peace,

Shirley Healy

Reiki Centre Scribe (aka Secretary)

Learn Reiki with John & Ellen

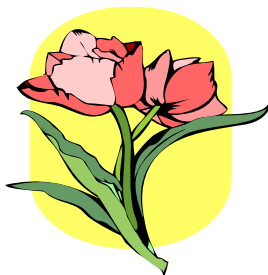
Classes in May

REIKI I \$175.00	Fri May 4th Sat May 5th Sun May 6th	7:00 pm - 11:00 pm 10:00 am - 6:00 pm 12 noon - 6:00 pm
REIKI II \$450.00	Sun May 6th Mon May 7th Tues May 8th	7:00 pm - 11:00 pm 5:30 pm - Midnight 5:30 pm - Midnight

Classes in September

REIKI I \$175.00	Fri Sept 21st Sat Sept 22nd Sun Sept 23rd	7:00 pm - 11:00 pm 10:00 am - 6:00 pm 12 noon - 6:00 pm
REIKI II \$450.00	Sun Sept 23rd Mon Sept 24th Tues Sept 25th	7:00 pm - 11:00 pm 5:30 pm - Midnight 5:30 pm - Midnight

SPRING FLING POT LUCK DINNER



All are invited to attend and celebrate the new spring season at Reiki House.

Date: Sunday, April 15th

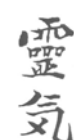
Time: 4:30 pm

Pot luck & BYOB - the Centre will provide appetizers, ham and salmon

There will be a raffle and door prizes

Sign-up sheet in office - limited seating

Usui Reiki Centre at Reiki House



3 Oakhurst Drive

North York, Ontario 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

Winter has finally arrived and the "Dream Time" is here. This time of year offers a wonderful healing space...it is time to get more rest, to review the past year's accomplishments and to plan for the upcoming springtime growth.

Planning for your garden can be fun. Gardens are not simply flowers... they include lush shrubs, shining trees, landscaping, building structures, garden furniture, beautiful water features and don't forget the many interesting statues for focal points. Be sure to come to the Mad Hatter's Garden Party on February 25th at 2:00 p.m. and share your gardening ideas.

Photographs of "your own garden" will give you an opportunity to review your garden and assess your needs. What plants/shrubs/trees you would like to replace and what additions or changes you would like to see in your garden. There may be no need for change, but the pictures will certainly provide memories of last summer.

Your local library is a wonderful resource to discover the garden. There are so many garden magazines and books available. The Internet has available amazing websites devoted to Gardening on all levels.

Gardens are Universal - no matter where you travel to. The Garden is found in so many places,parks, private homes, condos/apartment balconies, hospitals, workplaces and shopping malls just about everywhere?

This coming Summer of 2007, make a plan to take a garden tour. Take time to seek nature out on your next vacation trip. You don't have to travel far, there are so many beautiful gardens in your own Community.

IN THE MEANTIME HAVE A VERY PLEASANT "DREAM TIME"

The Garden Committee

REIKI CENTRE GENERAL MEETING

Sunday, April 29th 2007
at 2:00 pm

All are welcome

WORKSHOP Discovering Greater Depths of Peace & Understanding

Saturday February 17th
10:00 am - 5:00 pm
All are welcome—please register

By Donation

Centre Spring Clean-up

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

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



**LISTEN TO THE
FLOWERS CALLING
ALL GARDENERS..!!
THEY DON'T WANT
YOU TO MISS THE
ANNUAL MAD
HATTERS GARDEN
PARTY**

Date: February 25th at 2:00 pm

*Come to this Great Party, But Make
Sure to Bring:*

A Funny Hat...A Funny Smile...A Great Attitude &
Lots of ideas for the Reiki Garden this "Summer"

**PRIZES AWARDED FOR THE BEST HAT
DELIGHTFUL REFRESHMENTS WILL BE SERVED**

REIKI RETREATS WITH JOHN CRUNDALL

John is offering two retreats this coming Spring 2007, providing opportunities to explore and further your spiritual development. If you are interested in attending, registration forms are in the office or on the website. Space is limited at both retreats.

Tasmania Australia March 17h – 25th, 2007
Land of Medicine April 5th - 8th, 2007
Buddha California

FULL MOON MEDITATION & KEYNOTES

Thursday, February 1st - 6:45 pm
Aquarius Keynote:
Water of Life am I,
poured forth for thirsty humanity.

Saturday, March 3rd - 3:15 pm
Pisces Keynote:
I leave the Father's house,
and turning back I save.

Sunday, April 1st - 2:45 pm
Aries Keynote:
I come forth, and from
the place of mind, I rule.

Please be prompt!!!

FULL MOON CHANTING

Thursday, February 1st
6:00 pm

Saturday, March 3rd
2:30 pm

Sunday, April 1st
2:00 pm

Facilitated by Kaiko Golwalla

Message from the Mountaintop



Greetings! A new year begins and we celebrate for all the growth in consciousness and kindness that we see. A seed is planted and is sprouting tiny leaves on a vine that will indeed encircle the worlds. Have no doubt, you are having impact. For it is in the giving of yourselves to this purpose, that the changes on a global front can manifest. Be true to the opening of your hearts, for it is Love that will and already is, making a difference.

An awakening to a new world is underway. Like a multitude of snowflakes gently raining down upon you, it is magnificent, fragile and ever changing. If you try to capture it and claim it for your own - it melts in the palm of your hand. In allowing it's beauty to touch you, it's essence gathers to itself and creates a blanket of peaceful silence that touches the whole world. It is this mindfulness, of the Creation of which we all are a part of - that we are growing still. Desire this mindfulness, and it will grow in you.

In these new beginnings, focus more on the essence of form than the form itself, for it is this essence which is renewable and lives on after the form is no longer viable. Our Essence, our Presence, is taking up (as well as creating) more space within our vessels, for we have entered a plane where more "conscious"

co-creating is required. You have come to this place in time, to be part of the group of world servers. You wanted to awaken to this new dimension, of being of service globally, as One.

Allow yourself to gentle, and open yourself to the dynamic frequency of Oneness, that it is already humming within your Being, within all Sentient Beings, within Mother Earth, within the Universe and beyond. We are dynamically connected with God/Goddess/All That Is, and we have been given the privilege to co-create our reality with It. Outstanding!

Keep up the good works and effort, for as you grow in Presence and bring your Conscious awareness into this present moment, the Light of Oneness grows ever brighter and is more easily discerned by the many. Peace be within you, and it's coming out to play.

You can create a world in which we all want to be IT BEGINS WITH LOVE! Envision your dreams with this understanding and God/Goddess/All That Is, will flow into the manifestation of them, enhancing them until, what started as a beautiful snowflake, becomes a blanket of peaceful silence that touches the whole of creation.

May you have a magnificently Conscious 2007, and may you grow in Peace, Love, Kindness and Understanding.

Blessings and Love
Cheryl Cowie

Transformational Tuesdays

Gateways to Personal Transformation

9-STEP PRACTICE

An elegant process of transforming our beliefs.
1st Tuesday each month - 7:30 pm
February 6th, March 6th, April 3rd
Facilitated by Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm
2nd Tuesday each month - 7:30 pm
February 13th, March 13th, April 10th
Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm
February 20th, March 20th April 17th
Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm
February 27th, March 27th April 24th
Facilitated by Shirley Healy
(Reiki II required)

LABYRINTH

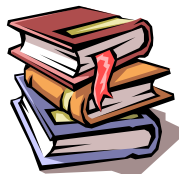
Saturday March 3rd
1:00 to 2:00 pm

Walk the labyrinth before the Full Moon meditation.



The location is in the hall at Newtonbrook United Church (on Cummer Avenue just east of Yonge Street).

By donation to the Church



Centre Lending Library

The Centre now has an updated and expanded lending library as a result of many recently donated books. Thank you all for your contributions to our resource library.

The lending library is here for those that are looking for some inspirational reading, or simply something to peruse while waiting for a loved one who is receiving a Reiki.

New basic procedures, making it easier to use and coordinate, are outlined in a white binder found on top the book shelf. This binder includes an alphabetical listing of all our books by author's last name (which is also the same way the books are filed on the shelves), sign out/sign in sheets, and other information pertaining to borrowing from our different resources.

There are Lazaris cassette tapes on various subjects that can assist with deeper personal work. A large selection of adult and children's videos completes our library collection.

Please be mindful that there are others who use the library and who may be waiting for a book, so timely returns are appreciated. Enjoy this resource!

Keri Berthelot - Librarian

Room For Rent

The Usui Reiki Centre is looking for a quiet person to rent a room in our lower level. It is a furnished bedroom with a shared kitchen, bath, and living room. Included in the rent is cable TV, air conditioning, laundry facilities and all utilities excluding telephone. It is available immediately. Rent is \$375.00 per month.

Please call (416) 218-0696

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 - 2:30 pm)	
Tuesday	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 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 fax/copier.

Reiki Outreach Schedule

Monday mornings	Bayview Extencicare	9:30 -12:00 noon
Monday mornings	Scarborough Extencicare	10:00 - 11:00 am
Tuesday mornings	Wellesley Central Place	9:30 - 11:30 am
	5:50 - 6:30 pm	
	(by appointment)	
Wednesday mornings	Tendercare	9:30 -11:30 am
	(Victoria Park & McNichol)	
	Carefree Lodge	by appointment

Please call the Centre for more information. Volunteer opportunities.

Newsletter Submissions

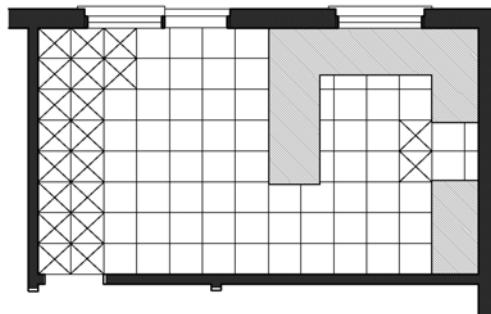
If you would like to contribute to the next issue of Lightlines, articles must be submitted to the Centre by April 1st.
Please note articles are subject to editing due to space.

Help Beautify our Centre for \$10 a Square

You can be a part of installing a new kitchen floor at our Centre for only \$10 per square. We have posted a diagram of the kitchen floor in the office showing the squares for which donations have all ready been received. Our intent is to have the new floor installed for the May Reiki classes.

Please make donations by either sending a cheque to the Usui Reiki Centre at 3 Oakhurst Drive, North York, Ontario M2K 2N2, or place your donation in the envelope labeled 'kitchen floor' in the Centre. Don't forget to colour in your square on the floor plan in the office when you make your donation.

Many thanks!



Reiki House New Kitchen Floor

Centre Snippets

- ☺ The Christmas pot luck dinner was lots of fun. Forty-one people attended our dinner followed by Santa's arrival to help out with the Kris Kringle gift exchange. Many thanks to Karen Cutler for all her wonderful efforts in organizing the raffle and generous prizes which raised \$173.00 for the Centre.
- ☺ The labyrinth walk for the Winter Solstice, held on Saturday, December 16th, raised \$135.00 for Newtonbrook United Church's "Out of the Cold" program. This was truly a wonderful way to start the holiday season.
- ☺ Many thanks to Kaiko Golwalla for the new beautiful shoe rack he built for the Centre's front hall. Please everyone use it to keep the floor clear of clutter.
- ☺ We are looking for a tenant for the basement room (see ad on page 3). Call the centre if you know of someone who might be interested.

Outreach Update

Every Monday, Tuesday and Wednesday mornings, two or three Reiki channels are present at the Seniors Homes listed on the Outreach Schedule to bring the opportunity for Reiki healing to the residents. As with the experience itself, each day unfolds in its own way.

When we leave, returning to our own homes, we are richer for having held the space for Reiki.

We welcome your participation. If the scheduled times listed are not your opportune times, we can schedule by appointment. Help yourself. Help another.

Ann Irving, Outreach

Kids Reiki

First Sunday
each month
10:30 am - 12:30 pm
Facilitated by
Vera Golwalla



If you no longer wish to receive this newsletter, please call or email the Centre 416-218-0696 or usuirelkecentre@sympatico.ca



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 May 4th 7:00 pm - 11:00 pm
 Saturday May 5th 10:00 am - 6:00 pm
 Sunday May 6th 12 Noon - 6:00 pm

+

Reiki Level II

\$450.00 Sunday May 6th 7:00 pm - 11:00 pm
 Monday May 7th 5:30 pm - Midnight*#
 Tuesday May 8th 5:30 pm - Midnight*

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

▽ cut here

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) 218-0612

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:** _____

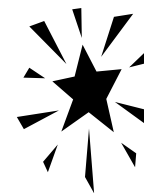
Enroll Me For Reiki Level 1 ___ **Deposit \$75.00** ___ **Full Payment \$175.00**
Enroll Me For Reiki Level 11 ___ **Deposit \$150.00** ___ **Full Payment \$450.00**

Please make cheques payable to E.J. Rose

Usui Reiki Centre February 2007

MONTHLY HIGHLIGHTS

Full Moon February 1st
 Kids Reiki February 4th
 Workshop February 17th
 Mad Hatters Garden Party
 - February 25th



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				○ 1 Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	2	3
4 Kids Reiki 10:30 am	5	6 9-Step Practice 7:30 pm	7 Community Reiki 7:30 pm	8 Community Reiki 7:30 pm	9	10
11	12	13 Silent Med 7 pm Reiki II Practice 7:30 pm	14 Community Reiki 7:30 pm	15 Community Reiki 7:30 pm	16	17  Peace Workshop 10:00 am
18	19	20 Terrace Meditation 7:30 pm	21 Community Reiki 7:30 pm	22 Community Reiki 7:30 pm	23	24
25 Mad Hatters Garden Party 2:00 pm	26	27 Akashic Practice 7:30 pm	28 Community Reiki 7:30 pm			

Usui Reiki Centre March 2007

MONTHLY HIGHLIGHTS
 Labyrinth Walk March 3rd
 Full Moon March 3rd
 Kids Reiki March 4th



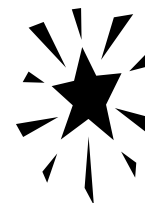
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Community Reiki 7:30 pm	2	3 Labyrinth Walk 1:00 pm Chanting 2:30 pm Full Moon 3:15 pm
4 Kids Reiki 10:30 am	5	6 9-Step Practice 7:30 pm	7 Community Reiki 7:30 pm	8 Community Reiki 7:30 pm	9	10
11	12	13 Silent Med 7 pm Reiki II Practice 7:30 pm	14 Community Reiki 7:30 pm	15 Community Reiki 7:30 pm	16	17
18	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

Usui Reiki Centre April 2007

MONTHLY HIGHLIGHTS

Full Moon April 1st
 Kids Reiki April 1st
 Spring Fling April 15th
 Centre Cleanup April 29th
 General Meeting April 29th



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
○ 1 Kids Reiki 10:30 am Chanting 2 pm Full Moon 2:45 pm	2	3	4	5	6	7
8	9	10	11	12	13	14
Happy Easter		Silent Med 7 pm Reiki II Practice 7:30 pm	Community Reiki 7:30 pm	Community Reiki 7:30 pm		
 15 Spring Fling 4:30 pm	16	17	18	19	20	21
		Terrace Meditation 7:30 pm	Community Reiki 7:30 pm	Community Reiki 7:30 pm		
22	23	24	25	26	27	28
		Akashic Practice 7:30 pm	Community Reiki 7:30 pm	Community Reiki 7:30 pm		
29 Centre Cleanup 10:00 am General Meeting 2:00 pm	30					