



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

February March April 2008

Freedom

Every child is born of choice, and is born out of the perfection of "the Light" with the tools and talents to perform their chosen role. All are endowed with the gifts of imagination, desire, and expectation, the raw materials of creativity in this world. And unless deprived of mental activity, that prevents discrimination and choice, then we are all born free, and of free will, into their choice of circumstances to continue to grow and evolve, hopefully to gain understanding and wisdom on that chosen path. All come as both teachers and students of that Light, for to take on a human body is to claim responsibility for purpose. It becomes then our responsibility to look deep enough to ascertain that purpose and to evolve into understanding.

You are free to agree or disagree with that statement - and that is your freedom. Freedom is the fundamental right that you inherit as a gift of your spirit. For just as love and joy are gifts of your soul, your spirit brings you the gift of freedom.

Freedom is the seed of spirit and is planted into the "mud" (the receptive nature) of soul, and conception takes place. Soul never dies, it simply returns to that ocean of love and wisdom. Whereas spirit may die and be reborn over and over. It is spirit which impacts

that "aliveness", that "spark", that we admire within humanity. It is that which, when combined with love and joy, gives rise to creativity, ingenuity and greatness.

In Reiki I on Sunday afternoon, love is at the centre of the board and it encompasses freedom. It is from this centre that the spark of creativity radiates to allow the expression of that love and the exploration of who you are.

"Out of the freedom of your love".....

The first group begins to explore and refuse to take a risk. They are left in fear sitting on the fence afraid to venture forth. This results in a life of precariously balancing the books, of blaming, placating and validating.

The second group begins their exploration by taking a risk. They explore the polarities and they experience the uncomfortable nature of risk in order to understand the world and themselves. And they get a glimpse of the sublime nature of grace.

The third group ignores the risk of risk, and allows the dictates of ego to rule. They get addicted to their world of excesses and abstinences. Denise often mused that we are all at some point in this category, addicted to something.

For most of us, we have loved ourselves enough to claim our freedom and have taken the risk to explore spirit. However, the experience of the journey will determine how big the risk is, and how deep we go into that spiritual dimension.

This becomes obvious, for the more we are prepared to risk, the deeper into Source we will be willing to dive. The deeper we dive, the greater the priority that Source becomes. The more that we prioritize Source as our objective, the less attached we are to

our "selfish" nature, the more worldly, generous and free we remain.

This continues until at some point we realize that we are the priority of Source and that **"we are that which we are becoming"**. This realization can lead to an expansion of consciousness and a shattering of old self-centred beliefs and attitudes. Only then can we experience the freedom that we seek, as Source drops into our expanded heart, and we glimpse for the first time our multidimensional nature.

We are "beyond words", and we realize "a peace born of knowing".

In Love, Light and Blessings..
John Crundall

Lazaris has called 2008 "The Year of Freedom"



Learn Reiki with John & Ellen New Date Classes in April

REIKI I \$175.00
Fri April 25th 7:00 pm - 11:00 pm
Sat April 26th 10:00 am - 6:00 pm
Sun April 27th 12 noon - 6:00 pm

REIKI II \$450.00
Sun April 27th 7:00 pm - 11:00 pm
Mon April 28th 5:30 pm - Midnight
Tues April 29th 5:30 pm - Midnight

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

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

INTENSIVE AKASHIC WORKSHOP

With John and Ellen

Join us for a weekend of powerful
spiritual growth!

Friday 2nd May (7 pm) to Sunday
4th May (6:30 pm) 2008

By donation

Register at Centre
Reiki II required.

THE GARDEN CORNER THE MAGIC & JOY OF FAIRIES IN THE GARDEN!

*There are fairies at the bottom of our garden!
It's not so very, very far away;
You pass the gardener's shed and you just keep
straight ahead –
I do so hope they've come to stay.
There's a little wood, with moss in it and beetles,
And a little stream that quietly runs through;
You wouldn't think they'd dare to come
merry-making there
Well they do.*

*There are fairies at the bottom of our garden!
They often have a dance on summer nights
The butterflies and bees make a lovely little breeze,
And the rabbits stand about and hold the lights.
Did you know that they could sit upon the moonbeams
And pick a little star to make afar,
And dance away up there in the middle of the air?
Well they can.*

by Rose Fyleman.

Well, the merriment of the Christmas Season has passed and now "Old Man Winter" has breathed his frosty breath onto the Reiki Garden. The mystery of the garden lies deep beneath the snow and we humans await patiently for another Spring to unfold this special mystery.

Just as the poem above suggests, there are indeed fairies in our Buddha Garden. They have always been there; but we have to become aware of the presence of fairies, nymphs, gnomes, elves and all the magic and joy they bring to us - it just takes imagination.

Come and Join us on Sunday, February 17th at the "Annual Mad Hatters Garden Tea Party". There we will unveil the Garden Plan for the Fairy Garden. Be sure to come and bring us your ideas. We will be dancing with the fairies before long.

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

The Gardening Committee

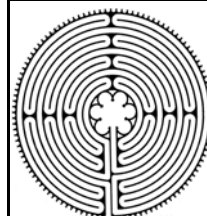


Mad Hatters Garden Party

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

TO BE HELD ON SUN-
DAY, FEBRUARY 17th
at 2:00 pm

Remember to create/bring
an original hat. Refresh-
ments will be served!



LABYRINTH WALK

Friday 21st March 2008
12 noon to 1:30 pm

Walk the labyrinth on
Good Friday (also the Full
Moon and Spring Equinox)!

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

By donation to the Church

POT LUCK DINNER WITH JOHN & ELLEN

Saturday, April 26th at 7:30 pm
following the Reiki class.

BYOB and a "pot" of food



EVERYBODY WELCOME!

REIKI RETREATS WITH JOHN & ELLEN

John & Ellen are offering two retreats this coming Spring 2008, 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. Register early as space is limited at both retreats. Reiki II is a prerequisite.

Diamond Island, Bicheno March 8th – 15th,
Tasmania Australia 2008

Land of Medicine Buddha April 11th - 15th,
California 2008



FULL MOON MEDITATION & KEYNOTES

Wednesday, February 20th - 6:45 pm

Pisces Keynote:

I leave the Father's house,
and turning back I save.

Friday, March 21st - 2:45 pm

Aries Keynote:

I come forth, and from
the plane of mind I rule.

Sunday, April 20th - 2:45 pm

Taurus Keynote:

I see. When the eye
is opened, all is illumined.

Please be prompt!!!

FULL MOON CHANTING

Wednesday, February 20th
6:00 pm

Friday, March 21st
2:00 pm

Sunday, April 20th
2:00 pm

Facilitated by Kaiko Golwalla

Message from the Mountaintop



Let the Light be with you and guide you. At this time of year, as we set our intent for 2008, look not at the failings of the previous year. Look instead, at the desires you wish to see manifest now. Plant the seeds of your vision - that it may begin to come towards you. It doesn't matter what hasn't worked in the past, focus on what we are sending to you now.

Each year's experience brings you closer to the character strengths you came to employ, for both your journey and that of the world. You never know when you are going to receive that AHA! Moment, or which experiences are preparing you for it. Consider all life to be bringing you to this moment. If you always ask for the message, you will receive it. You simply ask with open heart and mind and it is given.

What aspects of God/Self would you like to explore this year? What would you like to have more of, in your life, right now? As you set the intent, the Law of Attraction is already activated. Clarity and confidence will bring forth that which is needed for your manifestation. Remember, everything you think about is what you bring about! For example, don't confuse the issue of peace, by thinking about war. The Universe will respond to your focus.

Simplify. Remove the "buts", the "conditions", the "limitations" that you put on your dreams, and develop "faith" in your ability to conceive, birth, and live your vision-exactly as you would like it to appear. It sounds easy. The effort is in being conscious of what the mind is doing and disciplining the focus, to line up with that you are wishing to create.

Expand your ability to see the big picture and honestly gauge the impact your dream could have in the world. If you are serving your Soul, you will be in alignment with your Divine purpose, and it will fit. By now, you have to make a conscious effort to ignore the "feeling" of rightness or discomfort in your Being, when you are contemplating choices of beliefs and actions. If you need confirmation, ask "What would my Soul choose in this situation?" Feel the answer.

There are no excuses, when you recognize that you built a barometer into

this vehicle that you call self. It's so simple to use that even a very young child, asked the right question, can find the answer in a nanosecond. Use the equipment you gave yourself to navigate this journey, as you dream, create and experience your existence. This be your direct access to the Light within you, to perceive the Light and Dark within your Being and your world, and to choose your preference, every day, every moment.

This be the "secret" of conscious co-creation, listening to your guidance system, for every single choice you make. How simple is that? What level of responsibility for your life and your place in this existence, comes with it? The paths of grace, the truth of your choices, the maps that you follow, are all within easy reach.

This is the "Year of Freedom" according to Lazaris, and an incredible opportunity to learn to trust yourself. We wish you a Happy New Year and the freedom to grow into the magic of your Being.

In Love, Light and Freedom
Cheryl Cowie

Barrie Community Reiki Centre

Manifesting a dream begins with a single step. Well, my dream of a sister Reiki Centre in Barrie is no longer a dream - it is a work in progress! The **Barrie Usui Reiki Centre** held its first vision meeting on November 22nd, 2007. Despite a major snow storm that day, which closed highways and byways, 15 interested people arrived at my home. The second meeting, on December 6th, brought in 3 more souls and the momentum was visibly felt. Our Barrie Centre will be temporarily housed at my home and will be operated by volunteers and donations. Our mission is to share Reiki with the community and provide an outreach of healing.

The basis for my dream is the Toronto Usui Reiki Centre. Vera Cloes and I visited on January 6th in order to meet with representative members for direction and advice. I thank them all for hosting us on this most informative day. The Toronto Usui Centre is the model we are emulating and your support and advice will always be appreciated. Please keep us in your thoughts and prayers.

Transformational Tuesdays Gateways to Personal Transformation

9-STEP PRACTICE

An elegant process of transforming our beliefs.

1st Tuesday each month - 7:30 pm
February 5th, March 4th, April 1st
Facilitated by Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm
February 12th, March 11th, April 8th
Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm
February 19th, March 18th
(no terrace Meditation in April)
Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm
February 26th, March 25th
April 22th
Facilitated by Craig Belanger
(Reiki II required)

2008 will be the inaugural year for our Barrie Centre. We are looking for a permanent location and have put this wish out to the heavens. As Denise said, a permanent location is vital in order to support one another as we practise, share and grow in Reiki. From my own personal experience, I know that the Toronto Usui Reiki Centre was crucial in developing my passion for Reiki.

Thank you to all the Toronto volunteers. You continue to be our inspiration!

My gratitude to Den, John, Sue and Ellen for showing me how to dream big, and to my seen and unseen angels for their help and guidance.

Savy Braye

Usui Reiki House Schedule

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

1st & 3rd Mondays	7:30 pm	A Course in Miracles
Tuesday, Wednesday,	10:30 am to 3:00 pm	by Appointment (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.

Reiki Outreach Schedule

Monday 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 Snippets

- ☺ Our annual Christmas dinner and raffle was a huge success. Fifty people attended and contributed to a beautiful sit down pot luck dinner, and Santa made an appearance for the Kris Kringle gift exchange. Money raised from the raffle goes to the Centre garden.

Centre Clean-up

Saturday, April 20th
10 am till Full Moon!

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

Chanting & Full Moon following!

A COURSE IN MIRACLES

Mondays 7:30 pm - 9:30 pm

By Donation

Facilitated by Lilian Marton

1st and 3rd Mondays

TORONTO USUI REIKI CENTRE RECOGNIZED AS TENDER- CARE LIVING CENTRE'S VOLUNTEERS OF THE YEAR

"Each contact with a human being
is so rare, so precious,
one should preserve it." Anais Nin

It is said that 'those who can, do. Those who can do more, volunteer'. Every organization that is able to maintain a group of dedicated volunteers is incredibly fortunate to have such selfless individuals whom are willing to give up their personal time to help organizations like ours, to improve the quality of lives of seniors, such as those that reside at Tendercare Living Centre in Scarborough, Ontario.

On Wednesday mornings at Tendercare, residents look forward to the weekly Reiki program that is offered through the Toronto Usui Reiki Centre. This program has received tremendous praise not only from our residents, but also from their families who are grateful that their family members and loved ones are able to

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, and to buy patio stones for the Reiki garden.

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.

receive such therapeutic programming. This program however, would not be what it is without the commitment and devotion of the volunteers that organize it. As we live in a fast paced society where one rarely has enough time for themselves, it is wonderful to see those that are willing to give up their time for others.

Quoting David Sawyer, "We ourselves must be full of life if we are going to make life fuller for others." On behalf of the staff and residents at Tendercare Living Centre, thank you to Annie, Betty, Judy, Patricia and Ping Keun for their time, effort and dedication. This group of outstanding individuals has gone above and beyond to help us to improve the quality of life of our residents by providing uplifting energy as well as social, physical and spiritual stimulation.

Therefore, it was unquestionable and with great pleasure that Tendercare Living Centre recognized this group as our Volunteers of the Year. Thank you for your contributions. We are fortunate and proud to have volunteers like you as part of our team.

Raveen Kalra, Resident Program Manager
Tendercare Living Centre

REIKI DAY

A full day of Reiki for Reiki Channels

Sunday 30th March 2008
9:30 am to 6 pm

By donation - sign up in office



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 April 25th 7:00 pm - 11:00 pm
Saturday April 26th 10:00 am - 6:00 pm
Sunday April 27th 12 Noon - 6:00 pm

Reiki Level II

\$450.00 Sunday April 27th 7:00 pm - 11:00 pm
Monday April 28th 5:30 pm - Midnight*#
Tuesday April 29th 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) 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:** _____

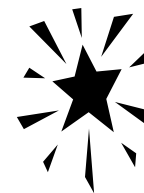
Enroll Me For Reiki Level 1 **Deposit \$75.00** **Full Payment \$175.00**
Enroll Me For Reiki Level 11 **Deposit \$150.00** **Full Payment \$450.00**

Please make cheques payable to E.J. Rose

Usui Reiki Centre February 2008

Monthly Highlights

Mad Hatter Garden Party
- February 17th
Full Moon February 20th



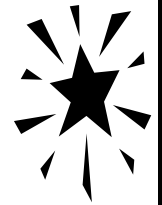
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Course in Miracles 7:30 pm	5 9-Step Practice 7:30 pm	6 Community Reiki 7:30 pm	7 Community Reiki 7:30 pm	8	9
10	11	12 Silent Med 7 pm Reiki II Practice 7:30 pm	13 Community Reiki 7:30 pm	14  Community Reiki 7:30 pm	15	16
17 Mad Hatter Garden Party 2:00 pm	18 Course in Miracles 7:30 pm	19 Terrace Meditation 7:30 pm	20  Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	21 Community Reiki 7:30 pm	22	23
24	25	26 Akashic Practice 7:30 pm	27 Community Reiki 7:30 pm	28 Community Reiki 7:30 pm	29	



Usui Reiki Centre March 2008

Monthly Highlights

Labyrinth Walk March 21st
 Full Moon March 21st
 Reiki Day March 30th



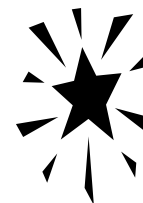
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Course in Miracles 7:30 pm	4 9-Step Practice 7:30 pm	5 Community Reiki 7:30 pm	6 Community Reiki 7:30 pm	7	8
9	10	11 Silent Med 7 pm Reiki II Practice 7:30 pm	12 Community Reiki 7:30 pm	13 Community Reiki 7:30 pm	14	15
16  23 HAPPY EASTER	17 Course in Miracles 7:30 pm	18 Terrace Meditation 7:30 pm	19 Community Reiki 7:30 pm	20 Community Reiki 7:30 pm	21  Labyrinth Walk 12 noon Chanting 2:00 pm Full Moon 2:45 pm	22
30 Reiki Day 9:30 am	31	25 Akashic Practice 7:30 pm	26 Community Reiki 7:30 pm	27 Community Reiki 7:30 pm	28	29

Usui Reiki Centre April 2008

Monthly Highlights

Centre Cleanup April 20th
 Full Moon April 20th
 Reiki I Class April 25th - 27th
 Pot Luck Dinner April 26th
 Reiki II Class April 27th – 29th



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9-Step Practice 7:30 pm	2 Community Reiki 7:30 pm	3 Community Reiki 7:30 pm	4	5
6	7 Course in Miracles 7:30 pm	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 (No Terrace Meditation)	16 Community Reiki 7:30 pm	17 Community Reiki 7:30 pm	18	19
20 Centre Cleanup 10.00 am Chanting 2 pm Full Moon 2:45	21 Course in Miracles 7:30 pm	22 Akashic Practice 7:30 pm	23 Community Reiki 7:30 pm	24 Community Reiki 7:30 pm	25 Reiki I Class 7 pm - 11 pm	26 Reiki I Class 10 am - 6 pm Pot Luck Dinner 7:30 pm
27 Reiki I Class 12 noon - 6 pm Reiki II Class 7 pm - 11 pm	28 Reiki II Class 5:30 pm – midnight	29 Reiki II Class 5:30 pm - midnight	30			