



LIGHT LINES

CELEBRATING UNIVERSAL LIFE ENERGY

February March April 2009

Celebrating 10 years
at Reiki House!

The Year of Celebration

Lazaris has named 2009 The Year of Celebration and what a year to celebrate the 10th anniversary of The Usui Reiki Centre at Reiki House. It is hard to believe that we have come so far. I look back over the years and think of the many clients and volunteers that I have grown to know and Love. Hundreds and hundreds of people who have passed through the doors, sat in on classes and the friends that they have become. What a privilege to know you all.

I have come to Canada this January to gather with the volunteers and share more of Denise's amazing teachings. She was and continues to be such an inspiration to so many. It was her dream and vision that inspired us to give birth to this Centre. What a gift.

And so, as I write this it is -20C outside (officially winter!). A time to go within and reflect; to hibernate; and I fully understand why! It is an opportunity to see where we are, the accomplishments achieved and the future we wish to create. So many possibilities.

This past Wednesday night I sat in the centre with Brian and Darlene and it was too cold for clients to come, but as we waited, the room filled with a Presence... a beautiful Welcome Home. The Unseen poured through. A Presence so alive and so loving. It didn't matter, so cold, so quiet...a night of such beauty. It was so full that we were embraced with the Love

That Is and the depth of Knowing that is available to us all.

It is said that "there is never a crowd on the leading edge" and I guess there doesn't have to be. The doors were open and all who wished to tap into this Love were more than welcome. I envisioned people resting at home by the fire tuning into this well-spring that was ignited by Den and John, the Lineage and kept alight by the many volunteers who continue to keep the hearth fire burning. The work of the seen and unseen. We thank you for all you give.

As we watch in the world so many structures crumbling and doors closing, I am so grateful for the tools Denise has left us with and empowered me to share with you. We can create powerful choices and build a new future. Opportunities are here and it is up to us to embrace them. We move forward this year as we stand on this new "floor" of reality.

The Usui Reiki Centre for Natural Healing is such a place; a strong foundation of a group of committed volunteers who do care, who do make a difference and who Love. I thank you all for the amazing commitments you have made as you ebb and flow through the journey. Each commitment unique in its own way.

I would especially like to thank the tremendous commitment that the team of Volunteers has made over the past 10 years. It has enabled me to take my journey with Denise and train with her and John. I could not have done this without you.

Your love for the Centre has inspired so many and I am grateful for all you do.

So, we will gather for an official celebration of our 10th anniversary in May when John and I return for the Reiki classes.

Until then...

Love, Light and Blessings
Ellen Rose

WANTED

Memory Lane photos and stories for the celebration of 10 years at Reiki House on Saturday, 23rd May, 2009

If you have special photo or story to contribute, please contact the Usui Reiki Centre at 416-218-0696 and leave a message for Karen Cutler.



Learn Reiki with John & Ellen

Classes in May

REIKI I \$225.00 Fri May 22nd 7:00 pm - 11:00 pm
Sat May 23rd 10:00 am - 6:00 pm
Sun May 24th 12 noon - 6:00 pm

REIKI II \$525.00 Sun May 24th 7:00 pm - 11:00 pm
Mon May 25th 5:30 pm - Midnight
Tues May 26th 5:30 pm - Midnight

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 I \$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

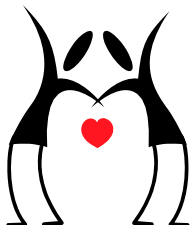
10th Year Celebration at Reiki House

Saturday, 23rd May from 6:30 - 8:30 pm

Drop in and Re-connect with the Centre

ALL ARE INVITED

The Centre will provide hors d'oeuvres and refreshments.



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
Website: www.urct.org

Access the Centre calendar at our website

THE GARDEN CORNER

SNOWFLAKE MEDITATION

As the snowflakes float gently down...
touching tree branches on a silent winter's morn,
Be sure to join the delightful chirping snowbirds.
Bundle up in your parka – keeping all cozy and warm.

Gazing towards the stark cold, azure skies,
Snowflakes drift lazily across your face,
Feel the tingling of your rosy pink cheeks ...
as the flakes touch down in every nook and place.

Breathing slowly, your breath frosts the air,
Magically each snowflake with it's unique design
disappears into the cloudless, serene vault of heaven,
Fascination with this timeless process relaxes the mind.

The bears of the forest enjoy this retreat immensely,
Buried deep in their warm winter caves, all covered in pine,
No one sees them 'til they come out of their caves,
They retreat, relax and enjoy a "creative dream time".

Enjoy the sound of silence embracing you all around,
It is important to nurture the garden "within".
Mother Nature provides this wonderful space... 'tis the season
to replenish the spirit – it's all about rejuvenation!

Author: Karen E. Cutler

*Special thanks to all the Angel Volunteers and their help
with raking of the leaves this Fall.*

*Welcome aboard to Dan Imre who has volunteered to be-
come part of the Gardening Team.*

THE GARDEN COMMITTEE

VOLUNTEERS' WORKSHOP With John & Ellen

Join us for a weekend of powerful spiritual growth!

Friday 15th May to Sunday 17th May 2009

All are welcome.

By donation - please register in the office.

ATTENTION ALL MAD HATTERS!! IT'S THAT TIME OF THE YEAR AGAIN... TO CELEBRATE THE ANNUAL MAD HATTERS GARDEN PARTY

Sunday, March 8th, 2009 – 2:00 to 4:00 p.m.

- Be sure to attend this Event – it is a Great Way to get rid of the Winter Blues
- Be sure to bring a Special Hat – prizes are awarded for original creations
- Be sure to bring ideas for the continuing plan of the Reiki Garden

Come Join Alice and the Gang – it will be a Fun Time

*What would a Tea Party be without Tea? Refreshments and
Fresh Baked Goodies will be served in Mad Hatter Style*



Photos of Alice-in-Wonderland Theme Park in Disneyland – Tokyo.

REIKI RETREATS WITH JOHN & ELLEN

John & Ellen are offering two retreats this coming Spring 2009, 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
Tasmania, Australia

March 21st - 28th, 2009

Land of Medicine Buddha
Soquel, California

April 16th - 20th, 2009

FULL MOON MEDITATION & KEYNOTES

Sunday, February 8th - 2:45 pm

Aquarius Keynote:

Water of life am I,
poured forth for thirsty men.

Wednesday, March 11th - 6:45 pm

Pisces Keynote:

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

Thursday, April 9th - 6:45 pm

Aries Keynote:

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

Please be prompt!!!

FULL MOON CHANTING

**Sunday, February 8th
2:00 pm**

**Wednesday, March 11th
6:00 pm**

**Thursday, April 9th
6:00 pm**

Facilitated by Kaiko Golwalla

Message from the Mountaintop



Trust in Me-The Source of all Being, when everything around you is crumbling. Hang on to each other and let the constructs fall. My Essence is emanating from humanity and NOT the material past.

The time is here to begin a new foundation, a new construct based on ideas and principles that serve the many. It is a group effort which will set free, the next step for humanity. The place is within us, that seeks co-operation and that calls on the Divine to guide us. That place is the heart of our being.

Be it a time of reflection? Be it a time of action? Can we act whilst reflecting? Can we remain conscious that we ALL make up the WHOLE? It is a time for neighbors to recognize they ARE brethren, family and loved ones. When ONE is suffering, it affects us ALL, at the level of the Soul.

We require a leader in each and every family, someone who holds true to Universal Law, someone who is always looking at the bigger picture within the microcosm of their personal journey. As we step up to be that leader, let us not forget those who have walked this path before us. They watch eagerly from their stars, or walk among us again, with ever more enlightenment to serve and help us grow.

We have a map within us, put there by our lineage and our desire to keep moving forward, all the while expanding in our capacity to hold more Light, Love and Wisdom. We are growing in our awareness of the peace within, that we may create our new world from there.

We have the opportunity to remember that we can hold the Hand of Source, God/Goddess/All That Is, Buddha, Mohammed, Krishna or whatever name you call Creator by. We CAN hold that Hand as we walk upon this planet. We CAN have faith that we are better when we do this Together. We CAN reach out to another, remembering that something Greater reaches out to us and through us. It really is a time to remember that we are NEVER ALONE, on any level, and to embrace that wholeheartedly and with great joy!

Don't be afraid of the stranger next to you. He may be holding the answer to the question you are holding in your

heart. See with your heart first and let that vision lead your mind. Look around you with kindness first, and the fear doesn't arise. Allow your willingness to help, to do your part-be what moves your feet forward.

Be not afraid of what is coming, for it be an opportunity for you to remember what you came for, what you intended to stand for. In these turbulent times, hold on to your Love first and foremost, and if all else falls away, you will be left with your most precious possession intact, ready to build anew, that which you are inspired to create. The more consciously you choose Love, the more you will find yourself in the eye of the storm-the place of stillness, peace and clarity. The Sacred Center, where you can see the Hand of the Divine held out to you.

With one hand holding the Divine in you, and the other hand holding another, we become the bridge for the Plan to work out. By holding fast to Truth, Love and Faith, we can become instruments of Thy Will, and we can create a better reflection of Heaven on Earth.

Let each moment of your daily living be an opportunity for a new beginning. Take a moment each day to pray with all your devotion, to invoke the Divine in you, that it may serve your world. We can become a living prayer, an embodiment of positive change. May peace be within you.

In Loving Gratitude
Cheryl Cowie

It's Deja vu All Over Again

How many times have you attended a Reiki class? once?, twice?, five times? ten times?

During this last class I did a bit of math and came up with... over 30 times! We've held Reiki classes in Toronto since 1993, 15 years ago, with classes 2-3 times a year. We took Reiki 1994 and have been to most classes since. And we still come back, along with others who even took Reiki before us, to hear the teachings again and again.

I mentioned to John in September that it amazes me how he teaches the class and makes it sound so fresh, like it's the first time he's relating a subject that he knows inti-

Transformational Tuesdays Gateways to Personal Transformation

9-STEP PRACTICE

An elegant process of transforming our beliefs.

1st Tuesday each month - 7:30 pm

February 3rd, March 3rd,

April 7th

Facilitated by Craig Belanger
or Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

February 10th, March 10th,

April 14th

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

February 17th, March 17th

April 21st

Facilitated by Darlene Awde

REIKI I PRACTICE

4th Tuesday each month - 7:30 pm

February 24th, March 24th,

April 28th

Facilitated by Shirley Healy
(Reiki I required)

mately, not reciting material that's been around for years. And it truly feels like it's the first time I'm hearing a lot of it, because it goes past the words to the underlying message of Reiki.

When we come back to listen to a Reiki class, IT IS THE FIRST TIME. We are different than we were before, we bring new memories and thoughts to the Centre and see things from perhaps a whole new perspective. The teach-

Continued on Page 4

Usui Reiki House Schedule

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

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/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)

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 was once again a great success. Santa arrived to hand out the Kris Kringle gifts. There was singing of Christmas carols, a raffle of beautiful gifts, and of course a wonderful potluck dinner with a turkey and all the trimmings. The laughter, fun and joy made a fitting conclusion to an eventful year at Reiki House.
- ☺ Sue MacKay, one of the founders of the Usui Reiki Centre in Toronto, is taking the next step on her own personal journey. Sue will be living and working in Uganda for the next two years. We wish all the best.
- ☺ Best wishes to Linda Ojala as she settles into her new venue in Coromandel, New Zealand. She is living on a property where ley lines cross, and has started Reiki for the community. Blessings Linda as you pursue your path in New Zealand.
- ☺ The Conscious Living With Dying workshop given by Ellen was well attended, and all enjoyed an insightful weekend of Denise's great teaching. Thank you Ellen.

Kids Reiki

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



Facilitated by Vera Golwalla

REIKI CENTRE GENERAL MEETING

Sunday, April 5th 2009 at 2:00 pm
 All are welcome

REIKI DAY

A full day of Reiki for Reiki Channels
 Sunday 21st March 2009
 12.00 noon to 6 pm
 Must have Reiki II
 By donation - sign up in office

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 April 1st.
 Please note articles may be subject to editing

LABYRINTH WALK

Walk the labyrinth during the energy of the Spring solstice.

Saturday March 21st
 10:00 to 11:30 am



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

Déjà vu - continued from page 3

ings are also evolving as the level of understanding of Reiki grows, and of course, with each new class, there comes input from the students and volunteers which stimulates new discussions.

So if you haven't been to a class recently, or if you always come out to volunteer, come back as a Student of Reiki next time. Yes you can still help and put hands on, but be aware that you are a student, still learning and growing. Take an active role in the lessons, meditations, exercises, etc. You may find yourself leaving with a whole new level of understanding of this energy, and of yourself.

And best of all you can do it for FREE (ok, a donation to the Centre is always appreciated). So get out that 2009 calendar and mark these dates on it. Make a commitment to be a student again and experience the teachings, FOR THE FIRST TIME.

Jim Marsh



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 May 22nd 7:00 pm-11:00 pm
Saturday May 23rd 10:00 am-6:00 pm
Sunday May 24th 12 Noon-6:00 pm

Reiki Level II

\$525.00 Sunday May 24th 7:00 pm-11:00 pm
Monday May 25th 5:30 pm-Midnight*#
Tuesday May 26th 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: _____

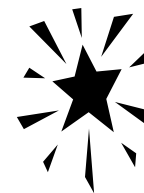
Enroll Me For Reiki Level 1 ___ Deposit \$100.00 ___ Full Payment \$225.00
Enroll Me For Reiki Level 11 ___ Deposit \$150.00 ___ Full Payment \$525.00

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

Usui Reiki Centre February 2009

MONTHLY HIGHLIGHTS

Full Moon February 8th



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

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

Usui Reiki Centre March 2009

MONTHLY HIGHLIGHTS

Mad Hatter's Party March 8th
 Full Moon March 11th
 Labyrinth Walk March 21st
 Reiki Day March 21st



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9-Step Practice 7:30 pm	4 Community Reiki 7:30 pm	5 Community Reiki 7:30 pm	6	7
8 Mad Hatter's Party 2 - 4 pm	9	10 Silent Med 7 pm Reiki II Practice 7:30 pm	11 Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	12 Community Reiki 7:30 pm	13	14
15	16	17 Terrace Meditation 7:30 pm	18 Community Reiki 7:30 pm	19 Community Reiki 7:30 pm	20	21 Labyrinth Walk 10 - 11:30 am Reiki Day 12 noon - 6 pm
22	23	24 Reiki I Practice 7:30 pm	25 Community Reiki 7:30 pm	26 Community Reiki 7:30 pm	27	28
29	30	31				

Usui Reiki Centre April 2009

MONTHLY HIGHLIGHTS
 General Meeting April 5th
 Full Moon April 9th



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 General Meeting 2 pm	6	7 9-Step Practice 7:30 pm	8 Community Reiki 7:30 pm	9 Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	10	11
12 HAPPY EASTER 	13	14 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	2 Terrace Medita- tion 7:30 pm	22 Community Reiki 7:30 pm	23 Community Reiki 7:30 pm	24	25
26	27	28 Reiki I Practice 7:30 pm	29 Community Reiki 7:30 pm	30 Community Reiki 7:30 pm		