



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

February March April 2010

CHANGE

It is said that the only constant in life is change. The natural universe functions on change - seasons come and go, nature germinates, blooms and dies to be reborn anew, and the earth and moon rotate in an endless cycle around the sun bringing light and darkness to all regions of our earth - a divine cosmic dance.

Yet, as humanity, we generally tend to resist change in our life, preferring to hang onto the known, the tried and true, rather than risk embracing something new. Yet change we must, for nothing in life can remain static - it either expands and adapts, or it withers and dies. New solutions and innovative ideas are needed now more than ever. Einstein noted, "The significant problems we have cannot be solved at the same level of thinking with which we created them".

Our spirit longs to change, to grow and evolve. From experience, every change I've made (or been forced to make for the universe sometimes does step in and take the initiative) has benefited my personal and professional life immensely. Change is necessary, not only to remain current and useful in this ever-shifting world, but to expand one's horizons and realize your purpose in being here. We are far more than our physical personality, but to realize our fuller potential, we have to keep evolving, keep stretching, keep seeing the world with new eyes, and that means embracing and accepting change.

Today, with the "law of attraction" and

other prominent spiritual teachings, we have the tools to facilitate desirable meaningful change in our lives, for improved conditions both for ourselves, all of humanity and Mother Earth. We do have a choice. We actually do have the ability to consciously affect the world around us.

Eckhart Tolle in his book, *The Power of Now*, states, "Wherever you are, be there totally. If you find your here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally." It's up to us to take action and affect the change we want. As Winston Churchill said, "We are still the masters of our fate. We are still the captains of our souls".

Thich Nhat Hanh, on the cover of his 2010 calendar on *Mindful Living*, opens with the quote, "In true dialogue, both sides are willing to change". In other words, we must be open, willing to look beyond our own little perceptions, to see other possibilities and other points of view in order to have an ongoing true open dialogue with our world. We must be willing to let go of old cherished beliefs and daily routines that no longer serve us. We can't reach for the stars without releasing old outdated baggage. We have to be light, adaptable, move with the flow of life around us (hopefully always downstream), and work with our tools.

Yet we must also be discerning. Change should not be undertaken frivolously, just for the sake of change or to go along with the in crowd. It has

to have a purposeful innate meaning in your life. As the Dalai Lama said, "Open your arms to change, but don't let go of your values."

All the spiritual teachers and writers of today talk about this time being one of great change, earth shifts and personal growth. The increasing frequency of the earth's heartbeat and natural disasters, the progressive speed of communications, and the exponential expansion of knowledge, are all evidence of the myriad of immense changes taking place today in the world around us. As we approach the year 2012 and the beginning of a new age, personal evolutionary change will become more and more necessary to function in this world. Embracing the new, releasing the old, and flowing with the new energies of the ages will become the norm. Are we ready?

In love and service
Brian Awde



Learn Reiki with John & Ellen

REIKI I Fri May 7th 7:00 pm - 11:00 pm
\$225.00 Sat May 8th 10:00 am - 6:00 pm
Sun May 9th 12 noon - 6:00 pm

REIKI II Sun May 9th 7:00 pm - 11:00 pm
\$525.00 Mon May 10th 5:30 pm - Midnight
Tues May 11th 5:30 pm - Midnight

Classes in September

REIKI I Fri Sept 24th 7:00 pm - 11:00 pm
\$225.00 Sat Sept 25th 10:00 am - 6:00 pm
Sun Sept 26th 12 noon - 6:00 pm

REIKI I Sun Sept 26th 7:00 pm - 11:00 pm
\$525.00 Mon Sept 27th 5:30 pm - Midnight
Tues Sept 28th 5:30 pm - Midnight

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)

Viamede Resort - Peterborough, Canada
Sunday, October 3th - Sunday, October 10th, 2010

Book your Retreat time now! \$995.00 includes course fee, all meals and shared accommodations. \$345 deposit by June 30th. Balance due upon check-in.

Usui Reiki Centre at Reiki House



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

THE GARDEN COMMITTEE CORDIALLY
INVITES YOU TO ATTEND

The Mad Hatters Tea Party

On Sunday, March 28th, 2010
from 2:30 to 4:00 p.m.

Let's Have Fun
Let's Discuss Gardening
Let's Wear Hats

Bring your Special Hat . Prizes will be awarded for
original creations

*"Eat Me Alice Cupcakes" and Refreshments will be served
in Mad Hatter Style*



Attention New Reiki II Channels

Have you done your 21 Reiki IIs yet? You took the course, received the fine tunings and the final step to empower the frequency within you is to walk across the bridge, by using it. It will bloom and become so much easier, once you do this. This is the "homework" your Spirit needs you to do, to work with you efficiently. We encourage you and hold the space for you to step into. Finish unwrapping the gift you gave yourself.

The Centre offers Reiki II practice on the second Tuesday of each month (see Transformational Tuesday on page 3 of this newsletter), providing a unique opportunity to work with others in developing your proficiency and frequency with Reiki II.

With Much Love
Your Reiki Community

VOLUNTEERS' WORKSHOP With John & Ellen

Join us for a weekend of powerful spiritual growth!

Friday 14th May to Sunday 16th May 2010

All are welcome –must have Reiki II

By donation - please register in the office.

LABYRINTH WALK

Walk the labyrinth during the energy of the Spring Equinox

Saturday March 20th
12:00 noon to 2:00 pm

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



FULL MOON MEDITATION & KEYNOTES

Sunday, February 28th - 2:45 pm

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

Tuesday, March 30th - 6:45 pm

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

Wednesday, April 28th - 6:45 pm

Taurus Keynote:
I see and when the Eye is opened,
all is light.

Please be prompt!!!

FULL MOON CHANTING

**Sunday, February 28th
2:00 pm**

**Tuesday, March 30th
6:00 pm**

**Wednesday, April 28th
6:00 pm**

Facilitated by Kaiko Golwalla

Message from the Mountaintop

Dear Ones,

We are glad you seek our counsel and companionship and ask that you do so more regularly. It is often we have words of wisdom and comfort for thee.



Do not be distressed by the times of trouble ye see. Be inspired to become useful in a world that needs much attention, willingness and sacrifice. Sacrifice the belief that you do not make a difference, or that you cannot. Prayer and intent be very powerful tools of manifestation. There be times when you do not know where the manifestation is coming from. Let the lines of communication be flowing even then. Trust that you are heard and the tuning fork is vibrating. The impact of worldwide love and compassion is felt very deeply. Keep it coming!

Hold those children and people who are suffering and scared all over the world, in your hearts and thoughts. Pray for their grace to become obvious to them and to all. Use your hearts as a pathway for love, compassion, understanding, generosity and action. Pour Light into those places where abandonment, fear and desperation are prevalent.

Collectively we can impact the vibration on this planet. Unconditional love-seeking compassion for every human being-even those trapped in the vibration of committing brutalities. They may need the most to become available to a higher frequency, to see that we can only meet the challenges of life

and thrive when we work together.

Crisis creates the opportunity for greatness. It awakens you to your earth family. We are walking this path together, whether our backs are turned or not. Mother Earth is shaking us up, demanding change. We need to change the vibration, to see the earth and our physical bodies as our sacred homes. Without an understanding of the inter-relatedness of All of Creation, we will lower the vibration to an unsustainable rate.

Do whatever you can to help you remember the sacredness of all life. Focus your thoughts and prayers to lifting the resonance of the species that came with the power of choice-US! Your contribution to that commitment can make a difference. Be as kind, loving and generous in your daily living as you can. Master Denise Crundall used to say, "Love yourself enough that you can love another more." It's no longer just an aspiration, it's a necessity. It is your job to love yourself and each other, and to treat your living world with the respect that that breeds.

The Earth, the Sun and every living thing created between them are gifts too many to mention, yet not enough to be squandered. Ask your Source what you can do to restore this relationship to wholeness. Do what you can, be what you can and ask for that to grow each day. As Master John Crundall said "Be a ray of joy, in an often very sad world." Be a willing channel for Source to express through.

In Love and Light
Cheryl Cowie

Centre Workshop

Saturday, February 20th 10am – 4pm

REFOCUS YOUR DREAM!

Come and play with us as we bring you some of the gifts from our intensive Viamede retreat, and other finds that really work! These are simple tools to INSTANTLY refocus your attention to empowering thoughts. Upstream-downstream, self appreciation, connect with Spirit in a breath... these are a few of the tools we will put into practice.

All are welcome
Bring your own lunch
By donation - sign up in office

Transformational Tuesdays Gateways to Personal Transformation

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

February 9th, March 9th,
April 13th

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

February 16th, March 16th,
April 20th

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

February 23th, March 23th
April 27th

Facilitated by Cheryl Cowie
(Reiki II required)

REIKI RETREATS WITH JOHN & ELLEN

John & Ellen are offering two retreats this coming Spring 2010, 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 13th
to 20th, 2010

Land of Medicine Buddha,
Soquel,
California

April 8th
to 12th, 2010

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 and raffle at Reiki House was filled with fun, laughter and holiday spirit. There were many beautiful donated gifts for the raffle and Santa made his guest appearance to hand out the Kris Kringle gifts to the joy of the children big and little. It was a fabulous way to end the year.
- ☺ In November Reiki House held our annual Silent Auction and Fund raiser. Thanks to the many people who donated items and money to make this our most successful fund raiser yet.
- ☺ Jim Marsh will be climbing to the base camp of Mount Everest in October 2010 to help raise money for Multiple Sclerosis. We wish him success!!
- ☺ Doris Fin, a volunteer at Reiki House, is travelling India for 2 years and writing a journal of her journey.

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, March 7th 2010
 at 2:00 pm

All are welcome

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 due to space.

Change

*Is swift or plodding
 Occurs with or without us
 Appreciates what is
 Embraces what can be
 Enhances our vision
 Is the only constant in our worlds
 Begins with each of us
 Begins with me.*

Blessings.
 Sending Love.
 Ann Irving

"The real voyage of discovery consists not in seeking new lands but seeing with new eyes."

Marcel Proust 1871- 1922 French Novelist
 Quote used at Land of Medicine Buddha in April 2009



REIKI DAYS

A full day of Reiki for
 Reiki Channels

Saturday 6th February 2010
Saturday 13th March 2010
Saturday 17th April 2010

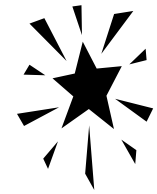
10 am - 5 pm

Open to Reiki I and Reiki II
 Must commit to full day
 Bring your own lunch
 By donation - sign up in office

Usui Reiki Centre February 2010

Monthly Highlights

Reiki Day February 6th
 Workshop February 20th
 Full Moon February 28th



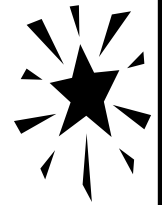
See Centre website at www.urct.org for calendar updates and changes.

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

Usui Reiki Centre March 2010

Monthly Highlights

General Meeting March 7th
 Reiki Day March 13th
 Labyrinth Walk March 20th
 Mad Hatter Party March 28th
 Full Moon March 30th



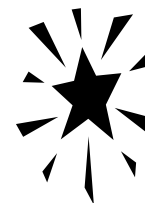
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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7 General Meeting 2 pm	8	9 Silent Med 7 pm Reiki II Practice 7:30 pm	10 Community Reiki 7:30 pm	11 Community Reiki 7:30 pm	12	13 Reiki Day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

Usui Reiki Centre April 2010

Monthly Highlights

Reiki Day April 17th
Full Moon April 28th



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
4  Happy Easter	5	6	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 Reiki Day 10 am - 5 pm
18	19	20 Terrace Medita- tion 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  Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	29 Community Reiki 7:30 pm	30	



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 7th 7:00 pm-11:00 pm
Saturday May 8th 10:00 am-6:00 pm
Sunday May 9th 12 Noon-6:00 pm

Reiki Level II

\$525.00 Sunday May 9th 7:00 pm-11:00 pm
Monday May 10th 5:30 pm-Midnight*#
Tuesday May 11th 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**

n

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.**