



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

May, June, July 2005

As we walk through the Garden of Eden that Mother Earth is, may we feel the presence and the blessings of our Creator. May we recognize the support and lifting Light that illuminates our path, and knows the way of the Earth, in it's journey of completion.

As Souls are stretched upon her, she holds us and nurtures us - even at her own expense! We forget to be grateful for the grounding stage she provides us to play and grow on. A frequency of Love, a background that can withstand the lessons we are creating and learning, sometimes at great cost. A commitment has been made and is being honored on our behalf.

Take a sip, take a bite, take a breath and have gratitude for all the intertwining energies that go into creating this existence. Do what you can to raise your awareness of the incredible opportunity you are living. A chance to be as One with all of Creation. Fine tune till you can feel the ecstasies and agonies this Sacred Mother, not only endures, but embraces for the sake of the Plan.

As Creator and Created bring forth the next expression, the next cycle, listen within to your inner stillness, as you are shown the "role you are to play", in this next step. Open to your heart's connection with Source and a peaceful knowing can be yours. Be open to making a difference and you will!

A gentleness and kindness to each other and every living thing, including the Earth, is needed to restore the balance. Respect is no longer an option; it is essential to our survival and sustenance.

Choose to walk this path consciously and the tools will present themselves as needed. That is not to say they come without challenge. The sureness of your connection to Source is so present, it carries you through the challenge, across the bridge, to the next level of awareness. May you choose to have your "eyes" wide open, as the Plan of Love and Light and Power, works out upon the Earth.

Blessings to All

Cheryl Cowie Co/Chair

Centre Spring Clean-up

Saturday, May 7th
10 am till sparkling!

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

"GOING BEYOND THE PERSONAL"

Volunteers Workshop

Friday, May 20th 5:30 pm - 10:30 pm
Saturday, May 21st 10 am - 6:30 pm

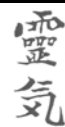
Please register - signup sheet in office

By Donation

REIKI CENTRE MEETING

Sunday, July 17th 2 pm
followed by BBQ

All are welcome



Learn Reiki with John

Classes in May

REIKI I Fri. May 13 7:00 pm - 11:00 pm
\$175.00 Sat. May 14 10:00 am - 6:00 pm
Sun. May 15 12 noon - 6:00 pm

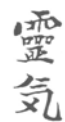
REIKI II Sun. May 15 7:00 pm - 11:00 pm
\$450.00 Mon. May 16 5:30 pm - Midnight
Tues. May 17 5:30 pm - Midnight

Classes in September

REIKI I Fri. Sept 16 7:00 pm - 11:00 pm
\$175.00 Sat. Sept 17 10:00 am - 6:00 pm
Sun. Sept 18 12 noon - 6:00 pm

REIKI II Sun. Sept 18 7:00 pm - 11:00 pm
\$450.00 Mon. Sept 19 5:30 pm - Midnight
Tues. Sept 20 5:30 pm - Midnight

Usui Reiki Centre at Reiki House



3 Oakhurst Drive
Willowdale, On M2K 2M2
Phone: (416) 218-0696
E-mail: usuireikicentre@sympatico.ca
Website: www.urct.org

Access our Centre calendar:
www.calendar.yahoo.com/usuireikicentre

VIAMEDE RETREAT with John Crundall

"Going Beyond The Personal To A Greater Depth Of Soul"



Opportunity to further explore your spiritual path.
Must have Reiki II.

Peterborough, Canada
Sunday, September 25 - Sunday, October 2, 2005

Book your Retreat time now! \$720.00 includes course fee, all meals and shared accommodations. \$150 deposit by June 30th. Balance due September 25th. See registration form on page 5 of Newsletter.

THE GARDEN CORNER

For those who attended the "Annual Mad Hatters Garden Party" on March 13th, I think you will all agree that we had a 'smashing' time. The Hats were all incredible - Marilyn Strachan took the prize in her original 'Pot of Fairies Garden Hat'. We enjoyed delicious goodies, drank tea/coffee, and posed for pictures.

The Garden Plan for 2005 was discussed in detail and the following decisions were made:

- the cutting of the lawn will be contracted out in order to have it maintained on a regular basis;
- the patio flagstones will be extended in the Meditation Garden to replace the grassed area making it maintenance free; plus allowing more space for outdoor events;
- at the front corner by the birch trees we will be planting five ground-hugging junipers which will create another attractive dimension to the garden;
- a water feature is going to be purchased and placed in the corner of the Meditation Garden (on the steps). The steps will be camouflaged with small flagstones that Kay Gurbin has offered to supply.
- the earth around Denise's stone will be cultivated and new soil will be added;
- the Reiki Children with Linda Ojala's help will be choosing plants and planting them around Denise's dedication stone;
- mulch will be collected and put on all the garden beds.

We look forward to seeing the new changes in the Garden. As the Usui Reiki Centre grows, so does the Garden.

The Garden Committee Thanks Everyone for their Support

Kid's Reiki

Sunday, May 8 10 am - 12 noon
 Saturday, May 28 noon (field trip)
 Saturday, June 11 noon - 2 pm
 Saturday, June 25 noon (field trip)



Facilitated by Linda Ojala

Watch for the next Kid's Reiki Class in September



There is no more delightful place than a 'Garden'.

It invokes a response of peace and quiet in your being.

A Joy of being alive and of being able to feast on the fragrance of the earth and the grass and take pleasure in the colours and forms of the "Flowers".

By Yezdi Antia

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, Thursday	10:30 am to 3 pm (last appt - 2 pm)	by Appointment
Tuesday	5:45 pm	Yoga (no Yoga in July and August)
	7:30 pm	See Calendar
Wednesday	9:30 am	Tai Chi
	7:30 pm	Community Reiki
Thursday	7:30 pm	Community Reiki

Absent Healing: Must have client's permission and photo with their name. Please include a self-addressed, stamped envelope and your donation.



FULL MOON MEDITATION & KEYNOTES

Tuesday, May 24th - 6:45 pm

Gemini Keynote:

I recognize my other self, and in the waning of that self, I grow and glow.

Wednesday, June 22nd - 6:45 pm

Cancer Keynote:

I build a lighted house and therein dwell.

Thursday, July 21st - 6:45 pm

Leo Keynote:

I am That and That am I.

Please be prompt!!!

FULL MOON CHANTING

Tuesday, May 24th

Wednesday, June 22nd

Thursday, July 21st

*** New Chanting Time 6:00 pm ***

Facilitated by Kaiko Gollwalla



LABYRINTH WALKS

Tuesday, June 21st - 7 pm

Summer Solstice,
A very powerful energy time.

Monday, July 18th - 7 pm

Check with Brian at 416-226-5483 for confirmation on weather conditions. The walks are held at Ruddington Park, one block east of the Centre on the south side (Ruddington and Cummer).

POT LUCK DINNER WITH JOHN

Saturday, May 14th at 7:30 pm
Following the Reiki class.

BYOB and a "pot" of food



EVERYBODY WELCOME!

Parking at Reiki House

We have been given permission by the management of the Bayview Cummer Mall to use their parking facilities for our activities. If questioned by anyone, tell them you are going to Reiki House. Anyone needing assistance is welcome to use the Centre's driveway.

TAI CHI

Tai Chi returns with Margarita

**Wednesday mornings
9:30 - 10:30 am**

Start date:
May 4th

By Donation

Signup sheet
In office



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
May 3rd, June 7th, July 5th

Facilitated by Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7 pm

2nd Tuesday each month - 7:30 pm
May 10th, June 14th, July 12th

Facilitated by Cheryl Cowie

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm
July 19th (none in May or June)

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm
May 24th, June 28th, July 26th

Facilitated by Shirley and Cheryl



JOHN'S REIKI SCHEDULE 2005

May 6-10	Reiki I + II	New York
May 13-17	Reiki I + II	Toronto
May 20-24	Reiki I + II	Kansas City
June 17-21	Reiki I + II	Warrnambool
June 24-28	Reiki I + II	Melbourne
July 1-3	Transformation	Melbourne
July 15-19	Reiki I + II	Sydney
Jul 22-26	Reiki I + II	Brisbane
Aug 12-14	Reiki I	Launceston
Aug 26-28	Reiki I	Melbourne
Sept 2-4	Reiki II	Melbourne
Sept 16-20	Reiki I + II	Toronto
Sept 25-Oct 2	Retreat	Peterborough

Muskoka Weekend

Saturday, July 9th and Sunday, July 10th

An opportunity to experience the beauty of Muskoka with your Reiki family.

Revel—Relax—Renew—Reiki

Bring yourself, \$30.00 per person plus BYOB, towels, bedding, and tent (if you have one).

Call Centre to register—limited space

Donations to the Centre appreciated



Centre Snippets

Congratulations to Monique Crundall and David Capon. On February 12th they were married at the Crundall family home in Melbourne, Australia. John, the proud father of the bride, led the service by welcoming everyone to this happy occasion. He gave the blessing to all on behalf of himself and Den.



The labyrinth walk held on Good Friday, March 25th, at Newtonbrook United Church was very powerful as it coincided with the spring equinox and the full moon. A dozen people attended and the donations raised were given to the church for their Drop-Inn Program.

Reiki House would like to thank Martina Belanger for all her hard work producing the newsletter for the past 3 years - an amazing job! Her greatest "production" is now a toddler. Enjoy your time with Anna.

The Silent Auction and pot luck cocktail party was held at Reiki House on Sunday, April 17. The event was open to all. There was a unique assortment of items up for bids - pies, pictures, tables. We raised over \$1500 in funds and fun. Thanks to all who participated.

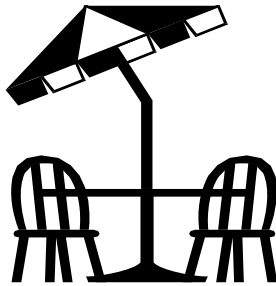
Summer BBQ

All welcome to the Summer BBQ!
Immediately following
the General Meeting

Sunday, July 17 at 4 pm



We supply burgers, hotdogs
and fish. BYOB
Please bring salad or dessert.



Signup sheet in office.

CENTRE WISH LIST

Thanks to all who have waved their
wands and granted our Centre Wishes.
Still needed:

- Blankets, 2 desk lamps, desk chair, reading chair, kitchen utensils, knives, baking trays and frying pan.
- Donations towards the purchase of garden tools, plants and planters.

Newsletter Submissions

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

COURSE IN MIRACLES DISCUSSION GROUP

Discover a Foundation for Inner Peace
and Universal Love

Mondays 7:30 pm - 10 pm

By Donation

Facilitated by Steve Foreman

YOGA

Tuesdays 5:45 pm - 7:15 pm

By Donation

Facilitated by Kay Gurbin

REIKI HOUSE OUTREACH

To the Usui Reiki Centre volunteers:

Just a note to thank you all for your dedication to Bayview and the time you donate on Monday mornings. I know the residents look forward to seeing you all - the "Reiki gang" has definitely become an essential service in the home!

Thank you for all your kindness.

Valerie Eales

Bayview Extendingcare

YOUTH COMMUNITY REIKI

Hands-on Reiki Sessions for Young Reiki Channels

Mondays - 4:30 to 5:30 pm
May 2nd, Jun 6th & 20th

Come and bring your friends
to explore Reiki together



FACILITATORS WORKSHOP

For evening facilitators

Mark your calendars!

Sunday, June 5th, 2 - 4 pm

To cover procedures, keep it consistent
and answer any questions
Everybody Welcome!

VIAMEDE RETREAT WITH JOHN CRUNDALL

“Going Beyond The Personal To A Greater Depth Of Soul”

WHEN: Sunday, September 25 to Sunday, October 2, 2005.
Check-in time 3 pm.

WHERE: Viamede Resort, Peterborough, Canada

COST: \$720.00 CDN includes course fee,
all meals and shared accommodation

REGISTRATION: A deposit of \$150.00 CDN by June 30th.
Balance \$570.00 CDN upon registration

Note: Reiki II is a Prerequisite

REGISTRATION

Name _____ Phone _____

Address _____

Special diet restriction _____

Note: Vegetarians will be catered for all meals.

Out of town Arrivals: Arrival date and time _____


Airline and flight number _____

Departure date and time _____

Deposit cheque of \$150 made to E.J. Rose
Balance of \$570 payable to Viamede Resort upon registration on September 25th
(Note: Cash or cheque only)

Send registration to: Usui Reiki Centre Toronto
3 Oakhurst Drive
North York, Ontario
Canada M2K 2N2
(416) 218-0696

Usui Reiki Centre May 2005

<p>MONTHLY HIGHLIGHTS</p> <p>Reiki I classes May 13th - 15th Pot Luck Dinner May 14 Reiki II classes May 15th - 17th Volunteers Workshop May 20 and 21 Full Moon May 24</p> 

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Youth Community Reiki 4: 30 pm Course in Miracles 7:30 pm	3 Yoga 5:45 pm 9-Step Practice 7:30 pm	4 Tai Chi 9:30 am Community Reiki 7:30 pm	5 Community Reiki 7:30 pm	6	7 Centre Clean-up 10 am til sparkling
8 Kid's Reiki 10 am - noon	9 Course in Miracles 7:30 pm	10 Yoga 5:45 pm Silent Med 7 pm Reiki II Practice 7:30 pm	11 Tai Chi 9:30 am Community Reiki 7:30 pm	12 Community Reiki 7:30 pm	13 Reiki I Class 7 pm - 11 pm	14 Reiki I Class 10 am - 6 pm Pot Luck Dinner 7:30 pm
15 Reiki I Class 12 noon - 6 pm Reiki II Class 7 pm - 11 pm	16 Reiki II Class 5:30 pm - midnight No Course in Miracles	17 Reiki II Class 5:30 pm - midnight No Yoga No Terrace Med	18 Tai Chi 9:30 am Community Reiki 7:30 pm	19 Community Reiki 7:30 pm	20 Volunteers Workshop 5:30 - 10:30 pm	21 Volunteers Workshop 10 am - 6:30 pm
22	23 Victoria Day Centre Closed	○ 24 Yoga 5:45 pm * Chanting 6 pm Full Moon 6:45 pm Akashic Prac 7:30	25 Tai Chi 9:30 am Community Reiki 7:30 pm	26 Community Reiki 7:30 pm	27	28 Kid's Reiki Field Trip 12 noon
29	30 Course in Miracles 7: 30 pm	31 Yoga 5:45 pm				

Usui Reiki Centre

June 2005

MONTHLY HIGHLIGHTS

Facilitators Workshop June 5
 Labyrinth Walk June 21
 Full Moon June 22



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tai Chi 9:30 am Community Reiki 7:30 pm	2 Community Reiki 7:30 pm	3	4
5 Facilitators Workshop 2 - 4 pm	6 Youth Community Reiki 4: 30 pm Course in Miracles 7:30 pm	7 Yoga 5:45 pm 9-Step Practice 7:30 pm	8 Tai Chi 9:30 am Community Reiki 7:30 pm	9 Community Reiki 7:30 pm	10	11 Kid's Reiki Noon - 2 pm
12	13 Course in Miracles 7:30 pm	14 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	15 Tai Chi 9:30 am Community Reiki 7:30 pm	16 Community Reiki 7:30 pm	17	18
19	20 Youth Community Reiki 4:30 pm Course in Miracles	21 Yoga 5:45 pm Labyrinth Walk 7 pm No Terrace Med.	○ 22 Tai Chi 9:30 am * Chanting 6 pm Full Moon 6:45 pm Com.Reiki 7:30 pm	23 Community Reiki 7:30 pm	24	25 Kid's Reiki Field Trip noon
26	27 Course in Miracles 7: 30 pm	28 Yoga 5:45 pm Akashic Practice 7:30 pm	29 Tai Chi 9:30 am Community Reiki 7:30 pm	30 Community Reiki 7:30 pm		

Usui Reiki Centre

July 2005

MONTHLY HIGHLIGHTS

Muskoka Weekend July 9th and 10th
 Centre General meeting/BBQ July 17th
 Full Moon July 21
 No Yoga this month



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 Tai Chi 9:30 am Community Reiki 7:30 pm	7 Community Reiki 7:30 pm	8	9 Muskoka Weekend
10 Muskoka Weekend	11 Course in Miracles 7:30 pm	12 Silent Med 7 pm Reiki II practice 7:30 pm	13 Tai Chi 9:30 am Community Reiki 7:30 pm	14 Community Reiki 7:30 pm	15	16
17 Centre Meeting 2 pm BBQ 4 pm	18 Labyrinth Walk 7 pm Course in Miracles 7:30 pm	19 Terrace Meditation 7:30 pm	20 Tai Chi 9:30 am Community Reiki 7:30 pm	21 ☉ * Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	22	23
24/31	25 Course in Miracles 7:30 pm	26 Akashic Practice 7:30 pm	27 Tai Chi 9:30 am Community Reiki 7:30 pm	28 Community Reiki 7:30 pm	29	30