



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

May, June, July 2006

The Magic of Spring & The Children Listened

Spring is the magical time of year - a time of excitement and anticipation, a time of rebirth, renewal and regeneration. It is an awakening not only in nature, but in our lives, touching us in many ways. One need only to look out the window and see how the magic is unfolding before our eyes. What and how does this happen? Do we take for granted the evolution of "spring" because it is just what it is ... it's spring? We have forgotten how spring magically reappears year after year.

Here are my thoughts on spring. As grownups we feel we must leave behind the stories and fairy tales of our youth. Little do we realize we leave behind the magic that awaits, gifts, from the Universe that always wants to please. Perhaps spring is the gift the Universe wants us to have, to remember and recapture the magic in our adult lives.

I'm the "grandmother" who talks to fairies! My grandchildren know me for my fairy gardens and they help collect "things" for the fairies to use - furniture, rocks, chimes, statues. At Christmas we put lights in the trees in the indoor garden in the living room! I want to tell you about a special March spring day I spent with two of my grandchildren, Jonathan 9 and Alexis 7.

On this warm, sunny spring day they wanted to walk in the woods. Little did I know that I would see magic appear before my eyes. I recognized that what we as adults do, think, believe in and say in our world is heard and impacted on many levels

As we walked along the path and looked at nature, they started to ask questions. They were simple questions and yet it was an opening for me to allow them to see the "unscientific" unfolding of nature. We talked about how the different seasons had a role to play and how the unseen world of the elementals known as fairies and devas are now busy at work; how they have "jobs"; how they take care of the earth in winter by protecting the earth with leaves; how the spring winds have blown away the leaves to reveal the green moss peaking through. I showed them my fairy grove and introduced them to the "gate keeper" who looks like a wise old man. We touched him and asked permission to walk with the fairies. We saw the Owl Tree who has big eyes that can see the seen and unseen in the grove. We sang songs as we walked and asked the fairies to join us because they like to have fun and play. We stopped and just looked at the beauty of the grove with its blanket of green ground cover. We looked at places where we thought that fairies might live, like in old tree stumps. Then we approached my sacred spot by the river and just below us a small blanket of yellow flowers grew out of rock and sand. For me it was like we entered the yellow terrace. My first words were...."it's magic!" for we saw no other flowers anywhere, only here.

We sat by the river's edge and talked about our dreams, their interests and shared in the excitement of a family trip we are all going to take next year. They threw stones into the river and Alexis found a green stone that she thought would look nice in my fairy garden. As we were getting ready to go they asked if they could pick a flower. I told them to

listen and a voice will tell them what to do. Jonathan bent over and touched the flower, but turned and said no he wouldn't pick one because there were so many buds not in bloom and he didn't want to pick one when it wasn't ready. Alexis said the voice - "I think it was a fairy" - said if she waited, there would be more and she could pick a bouquet next time. "Very good" I said, "we'll come back another day". They laughed and as we walked away they said "the next time we really want to find a 4-leaf clover!!!"

Ah, at that moment I knew they got it. The 4-leaf clover was my gateway through to the unseen. They listened, the gateway opened and they stepped through to the other side. It's that easy - if you believe you can, you will.

Welcome children, to my world of eternal spring!



Wishing everyone a magical spring.
Darlene Awde Chair



Learn Reiki with John

Classes in May

REIKI I	Fri May 5th	7:00 pm - 11:00 pm
\$175.00	Sat May 6th	10:00 am - 6:00 pm
	Sun May 7th	12 noon - 6:00 pm

REIKI II	Sun May 7th	7:00 pm - 11:00 pm
\$450.00	Mon May 8th	5:30 pm - Midnight
	Tues May 9th	5:30 pm - Midnight

Classes in September

REIKI I	Fri Sept 15th	7:00 pm - 11:00 pm
\$175.00	Sat Sept 16th	10:00 am - 6:00 pm
	Sun Sept 17th	12 noon - 6:00 pm

REIKI II	Sun Sept 17th	7:00 pm - 11:00 pm
\$450.00	Mon Sept 18th	5:30 pm - Midnight
	Tues Sept 19th	5:30 pm - Midnight

VIAMEDE RETREAT with John Crundall "A Soul's Journey The Dream Continues"

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

September 24th - October 1st, 2006 in Peterborough, Canada
Book your Retreat time now! \$720.00 includes course fee, all meals and shared accommodations. \$150 with deposit. Balance due September 24th. See registration form at end of Newsletter.

Usui Reiki Centre at Reiki House



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Willowdale, On M2K 2N2
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E-mail: usuireikicentre@sympatico.ca
Website: www.urct.org

Access the Centre calendar: at our website

THE GARDEN CORNER

Well, the "Fourth Annual Mad Hatter's Garden Party" held on Sunday, March 26th was an afternoon of merriment, mischief with a meeting thrown in as well. Alice would be proud of this Group...everything was happening! We even had a birthday cake for Marilyn Symes, along with tea and other goodies.

The Garden Plan for this upcoming season was discussed and many projects will be finished and new projects begun. The birch trees will be surrounded by a newly created space, with junipers and some delightful flowers. Near the water feature a "Faery Garden" will emerge...leaving a meeting place for gnomes, devas, faeries.

Two dates were set to clean up the garden, Wednesday, April 19th and Saturday, April 29th, both will start around 10:00 am. All Volunteers are welcome to join us.

Prizes were awarded for the best hats. Darlene Awde won first prize for her original hat, she looked like a walking bird's nest, with birds and flowers ...it would have to be seen to be believed. Second prize went to Marilyn Symes, looking grand in her lovely Victorian hat. Last, but not least, Aki Haji-Ramezani won third prize for a lovely bonnet, surrounded by shimmering beads. The spirit and joy of everyone's participation was great ... it was truly a Mad Hatter's Delight!

"The world of plants brought the world of spirits into a dimension that could be comprehended."
Paul Hawken
"The Magic of Findhorn"

Come out and Enjoy your Garden...The Garden Committee

Did You Know that Gardening is Good for Your health?

How? Exercise lowers blood pressure and cholesterol levels, helps prevent diabetes and heart disease, and prevents or slows osteoporosis.

Benefits of Gardening:

Sunlight – helps the body manufacture vitamin D, essential for healthy bones.

Weight-bearing exercise protects against osteoporosis and can increase flexibility, strengthen joints, and reduce stress.

Burning calories helps maintain weight. On average, half an hour of raking leaves burns approximately 160 calories...power-mowing burns approximately 180 calories...turning a compost pile is good for about 250 calories...and double-digging soil, nets about 350 calories

Experiencing tranquility from working outside in the sunlight amidst the colours, sounds and scents of your garden reduces stress.

Enjoying other people and sharing your hobby with friends/family is enjoyable and rewarding.

Muskoka Weekend

Saturday, July 8th & Sunday, July 9th

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

Kids Reiki



Facilitated by
Linda Ojala

See the website for dates and details.

If you are interested in attending a Kid's Reiki Class in September, please contact the Centre.

John Crundall's Volunteers Workshop

Friday May 12th	7:30 pm start
Saturday May 13th	10:00 am - 6:00 pm (bring lunch to share)
Sunday May 14th	10:00 am - 12 noon for meditation

Please register - sign up sheet in office By donation

FULL MOON MEDITATION & KEYNOTES

Friday, May 12th - 6:45 pm
Taurus Keynote:
I see and when the Eye is opened,
All is Light.

Sunday, June 11th - 3:00 pm
Gemini Keynote:
I recognize my other self and in the
waning of that self, I grow and glow.

Monday, July 10th - 6:45 pm
Cancer Keynote:
I build a lighted house
and therein dwell.

Please be prompt!!!

FULL MOON CHANTING

Friday, May 12th
6:00 pm

Sunday, June 11th
2:00 pm

Monday, July 10th
6:00 pm

Facilitated by Kaiko Golwala

Message from the Mountaintop



Be at peace within your being. Be fruitful in your thoughts, for you are creating even as we speak. To be true to thine own Self is to recognize your power, as a creator of the life you are living.

It is time to shine that Light upon the darkness in your world. It is time to make a conscious difference. You are being called upon to take responsibility for your thoughts, feelings and desires. To be aware of their impact on the self and on the environment you live in.

Sit in silence and watch the movie your thoughts create. Become aware of where your mind is running. You can no longer deny the power of your thoughts, so you must become aware. You must listen to what you are manifesting.

To be true to your purpose, listen and feel which thoughts empower you and which ones leave you feeling helpless and alone. It seems an obvious choice, but first become aware of the self-talk, the dialogue between your mind and your self and your world. Learn to listen to the dialogue between your Spirit and your mind by hearing the unspoken communication between your Spirit and your heart. As you fine-tune your awareness, you will see your life and your world as your message from the Divine. The Cosmos comes in closer as you recognize your connection to it.

You are not just here to get by or to survive. You are here to make a difference and to have impact. You are here to grow in consciousness, discover your purpose and then LIVE IT IN JOY! To be part of the

fabric of life - let it awaken the memory of your sacred place in it. You are not a victim! You are a willing participant. You chose to BE HERE NOW! Have you discovered the purpose of that choice? Are you living the awareness of it?

All aspects of this existence are here to teach you something. Are you hearing the wisdom? Start by listening to the voice within, the gut feeling you know is truth. Listen to your dreams, look for the messages. Look out at your world, Mother Earth, her fellow creatures and nature. Look at your relationships with everyone and everything.

Ask your Source for guidance and then listen with awareness. The Universe is whispering through you. You begin to respond, believe and finally to act as a reflection of your increasing understanding and your greater capacity to let Divine Love love through you.

YOU ARE CREATING A LIGHTED PATH! As you live it, another just might be inspired by it. Spontaneous healing, imagine! You could have tremendous impact, just by beginning to listen to the Divine within everything. It starts with you.

Watch for the miracles amidst the clutter. Let even the teeny ones inspire you and soon you will see that your world is overflowing with miracles. What you think about is what you bring about.

"The Buddha in me greets the Buddha in you, together we promote enlightenment and peace." Namaste.

In Love and Light
Cheryl Cowie

REIKI CENTRE GENERAL MEETING

**** Monday July 17th at 7:30 pm ****
(following the labyrinth walk)
All are welcome

SUMMER LABYRINTH WALKS



Summer solstice
Wednesday June 21st
6 pm to 7 pm

Monday July 17th
6 pm to 7 pm

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

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 2nd, June 6th,
July 4th**

Facilitated by Shirley Healy
& Craig Belanger

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

**May 16th, June 13th,
July 11th**

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

**May 23rd, June 20th,
July 18th**

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

**May 30th, June 27th
July 25th**

Facilitated by Shirley and Craig
(Reiki II required)

POT LUCK DINNER WITH JOHN

Saturday, May 6th at 7:30 pm
Following the Reiki class.

BYOB and a "pot" of food



EVERYBODY WELCOME!

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 (no Course in Miracles July/August)
Tuesday, Wednesday,	10:30 am to 3:00 pm (last appt - 2:00 pm)	by Appointment
Tuesday	5:45 pm	Yoga (no Yoga July/August)
	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.

Reiki Outreach

Monday mornings	Bayview Extencicare	9:30 -11:30 am
Monday afternoon	Carefree Lodge	1:00 - 2:30 pm
Tuesday/Wednesday	Wellesley Central Place	By appointment
Wednesday mornings	Tendercare (Victoria Park & McNichol)	9:30 -11:30 am

Please call the Centre for more information. Volunteer opportunities.

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 to create a Prayer/Meditation space.
- Volunteers to put hands on during days or evenings - see Reiki House schedule.
- Donations towards supplies and materials to upgrade the Centre.

An Answered Prayer

For the past couple of years, I have been thinking about doing volunteer work for my (Chinese) community. I was not satisfied with only delivering meals to seniors or helping out occasionally at a nursing home. I was looking for a more fulfilling experience through a closer contact with people. After I learned Reiki, I knew exactly what I wanted to do. Having no idea how to approach a nursing home to offer Reiki treatments, I asked my Higher Power to guide me to a solution.

In January 2006 Ann Irving called me, asking if I was interested in joining her team. They needed someone who could speak Cantonese as most of the residents at the Tendercare nursing home were of Chinese background. I gladly said "yes". I am happy that my Higher Power listened to my wish and sent me Ann.

Volunteering at Tendercare nursing home not only brightens up my day, it also helps me forget my troubles. I am not sure how much the residents know about Reiki, but seeing them come down every week and waiting patiently for their turn, I know that they have faith in Reiki and faith in us. A little smile and a small "thank you" at the end of our treatment just makes my day.

Patricia Shum

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 - 9:30 pm
By Donation

Facilitated by Stephen Foreman

Centre Snippets

☺ The Spring Silent Auction held on Sunday April 2nd was a huge success - the Centre raised over \$1600.00! Thank you all who donated items and supported the auction.

☺ The Centre's main room sports a new coat of paint. A painting bee held on a Saturday in March, had ten little worker bees finishing the job in one day.

☺ The Intention Workshop focalized by Richard and Kay Gurbin was a great success with 36 participants. Watch for more workshops in the future.

☺ A new member to our Reiki community - congratulations to Chris and Shirley Healey, proud parents of a boy, Nicholas, born April 10th and weighing in at 8 lbs, 5 ozs.

☺ Looking forward building a new wheelchair ramp is in the works for this summer.

YOGA

Tuesdays 5:45 pm - 7:15 pm

Facilitated by Kay Gurbin By Donation

Tai Chi with Margarita



Come May 10th
Each Wednesday
for 45 - 60 minutes
9:30 am and 3 pm

Margarita is teaching a new form of Tai Chi created by well known expert, Dr. Paul Lam.

It consists of only 12 movements and is geared for everyone, including those experiencing discomfort from osteoarthritis, rheumatism, fibromyalgia, gout and any diseases involving joints and muscles. He claims that regular practice improves posture and mental capacity.

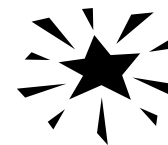
This healing energy work is a gentle and relaxing exercise, and is easily learned in a few sessions. It then takes time to achieve perfection and for the healing to take place.

By Donation

Usui Reiki Centre May 2006

MONTHLY HIGHLIGHTS

Reiki I Class May 5th - 7th
 Pot Luck Dinner May 6th
 Reiki II Class May 7th - 9th
 Full Moon May 12th
 Volunteers Workshop May 12th - 14th
 Kids Reiki May 21st



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Course in Miracles 7:30 pm	2 Yoga 5:45 pm 9-Step Practice 7:30 pm	3 Community Reiki 7:30 pm	4 Community Reiki 7:30 pm	5 Reiki I Class 7 pm - 11 pm	6 Reiki I Class 10 am - 6 pm Pot Luck Dinner 7:30 pm
7 Reiki I Class 12 noon - 6 pm Reiki II Class 7 pm - 11 pm	8 Reiki II Class 5:30 pm – midnight No Course in Miracles	9 Reiki II Class 5:30 pm - midnight No Yoga	10 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	11 Community Reiki 7:30 pm	12 Chanting 6 pm Full Moon 6:45 pm Volunteers Wksp 7:30 pm	13 Volunteers Wksp 10 am - 6 pm
14 Volunteers Wksp 10 am - noon	15 Reiki I Practice 7:30 pm Course in Miracles 7:30 pm	16 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	17 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	18 Community Reiki 7:30 pm	19	20
21 Kids Reiki noon	22 Victoria Day Centre Closed	23 Yoga 5:45 pm Terrace Meditation 7:30 pm	24 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	25 Community Reiki 7:30 pm	26	27
28	29 Reiki I Practice 7:30 pm Course in Miracles 7:30 pm	30 Yoga 5:45 pm Akashic Practice 7:30 pm	31 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm			

Usui Reiki Centre June 2006

MONTHLY HIGHLIGHTS

Full Moon June 11th
Labyrinth Walk June 21st



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	5 Reiki I Practice 7:30 pm Course in Miracles 7:30 pm	6 Yoga 5:45 pm 9-Step Practice 7:30 pm	7 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	8 Community Reiki 7:30 pm	9	10
○ 11 Chanting 2 pm Full Moon 3 pm	12 Reiki I Practice 7:30 pm Course in Miracles 7:30 pm	13 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	14 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	15 Community Reiki 7:30 pm	16	17
18	19 Course in Miracles 7:30 pm	20 Yoga 5:45 pm Terrace Meditation 7:30 pm	21 Tai Chi 9:30 am & 3 pm Labyrinth Walk 6 pm Com Reiki 7:30 pm	22 Community Reiki 7:30 pm	23	24
25	26 Course in Miracles 7:30 pm	27 Yoga 5:45 pm Akashic Practice 7:30 pm	28 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	29 Community Reiki 7:30 pm	30	

Usui Reiki Centre July 2006

MONTHLY HIGHLIGHTS
 Muskoka Weekend July 8th & 9th
 Full Moon July 10th
 Labyrinth Walk July 17th
 General Meeting July 17th



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	6 Community Reiki 7:30 pm	7	1 Canada Day 8 Muskoko Week-
9 Muskoka Weekend	10 Chanting 6 pm Full Moon 6:45 pm	11 Silent Med 7 pm Reiki II Practice 7:30 pm	12 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	13 Community Reiki 7:30 pm	14	15
16	17 Labyrinth Walk 6 pm General Meeting 7:30 pm	18 Terrace Meditation 7:30 pm	19 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	20 Community Reiki 7:30 pm	21	22
23	24	25 Akashic Practice 7:30 pm	26 Tai Chi 9:30 am & 3 pm Community Reiki 7:30 pm	27 Community Reiki 7:30 pm	28	29
30	31					

VIAMEDE RETREAT WITH JOHN CRUNDALL

“A Soul’s Journey.....The Dream Continues”

WHEN: Sunday, September 24 to Sunday, October 1, 2006.
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 due immediately.
Balance \$570.00 CDN upon registration
(cash or cheque only)

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 24th
(Note: Cash or cheque only)

Send registration to: Usui Reiki Centre Toronto
3 Oakhurst Drive
North York, Ontario
Canada M2K 2N2
Tel: (416) 218-0696
Fax: (416) 218-1612