



# LIGHTLINES

## CELEBRATING UNIVERSAL LIFE ENERGY

May June July 2007

### A Tribute to our Beloved and Revered Elder

Yezdi Antia, was born on August 12th 1922 in Devlali, a small town near Mumbai, where his father was a priest of the Fire Temple. Yezdi graduated as a civil engineer in 1950, from the Pune School of Engineering. During his time there, he was runner-up in the Boating Championship Races. In 1952, he met his future wife, Perin, whom he married in Bombay.

After graduating from a prestressed concrete course in Paris, he worked in India, for steel plants in Bilahi, Assam, Gujarat, and Bombay.

He emigrated to Canada in 1967, to be followed by his beloved Perin, and their two sons Rayomand and Zaahir in 1968. Perin taught with the Toronto Board of Education, and Yezdi worked as a civil engineer with the Ontario Government, until both retired.

There was no Zor (community priest) when he arrived, and as he had been ordained as a youngster, he offered his services to the small Zoroastrian community. His love for, and his dedication to his Faith and community, is shown in many ways. He is a founder member and past president of the Zoroastrian Society of Ontario, as well as president of the North American Moberd (Priest) Council, where, because of his vast knowledge and inspira-

tional sense of service to others, he was asked to write a book explaining the rituals of Zoroastrianism for young initiates. He and Dr. Malvalwalla (UofT) formed the first North American Zoroastrian Congress, which is still ongoing.

Yezdi's unconditional love and belief in the One Supreme Being and the brotherhood of man has led him in 1982, to co-found MOSAIC with 5 people of other faiths. This was the first inter-faith dialogue group in Toronto, where, through understanding and friendship, they sought to educate rather than convert, and to open-mindedly discuss community concerns. He is a member of the Ecumenical Commission, who publish faith readings to assist schools in inter-faith work. He is presently on the Mayor's Interfaith Council. He is also still active in the Masonic Lodge, where he has been Master and now serves as Chaplain for St. Andrews Lodge #60. He was involved with blessing the First Peace Fountain at City Hall.

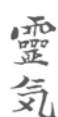
This love has also led him to explore Reiki, which he practices daily on himself, and on others as a volunteer and facilitator at our Reiki centre. He is an avid gardener, and volunteers at the centre, helping to beautify our gardens.

Yezdi is a very charitable, unassuming, and humble man who has and does, devote his time to serving others. He volunteers with such groups as Out of the Cold Project, working with both the

Muslim and Jewish groups together, and the CNIB have recognized him for volunteering to drive, visit with, and help with the correspondence of the visually impaired.

Yezdi's down-to-earth mannerisms, his gentle conversation, his loving and caring ways, and his smile that comes from his heart, make him a much loved and revered member of any community into which he steps. His first community refer to him as Yezdi Uncle, and The Parsi Pope (and the late Perin as Mrs. Pope). In our Reiki community we embrace him as a blessing, a gift and an inspiration, and it gives all of us great joy to honor and celebrate him at this milestone birthday of 85 years, and wish him many more. May all the joy and warmth he brings to all who know him, return to him a hundredfold.

Come and join us on 15th July as we celebrate with Yezdi on his 85th birthday (see page 4 of newsletter). With much love from a grateful Reiki Community.



### Learn Reiki with John & Ellen

#### Classes in May

	Fri May 4th	7:00 pm - 11:00 pm
REIKI I	Sat May 5th	10:00 am - 6:00 pm
\$175.00	Sun May 6th	12 noon - 6:00 pm
	Sun May 6th	7:00 pm - 11:00 pm
REIKI II	Mon May 7th	5:30 pm - Midnight
\$450.00	Tues May 8th	5:30 pm - Midnight

#### Classes in September

	Fri Sept 21st	7:00 pm - 11:00 pm
REIKI I	Sat Sept 22nd	10:00 am - 6:00 pm
\$175.00	Sun Sept 23rd	12 noon - 6:00 pm
	Sun Sept 23rd	7:00 pm - 11:00 pm
REIKI II	Mon Sept 24th	5:30 pm - Midnight
\$450.00	Tues Sept 25th	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](mailto:usuireikicentre@sympatico.ca)  
Website: [www.urct.org](http://www.urct.org)

Access the Centre calendar at our website

### VIAMEDE RETREAT with John Crundall

“Where the Dream and the Path become One”



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

**September 30th - October 7th, 2007 at Viamede Resort in Peterborough, Canada**

Book your Retreat time now! The cost of \$795.00 includes course fee, all meals and shared accommodations. A deposit of \$150 is required - balance due September 30th upon registration.

See registration form at end of Newsletter.

## THE GARDEN CORNER

### Garden Renewal

As Mother Nature sheds her winter garb and we let go of our winter, spring brings a joy and wonderment, as renewed life peeks up through the earth. Early mornings bring the songs of the birds, some that shared the winterscape, and others that have returned to share our garden this year. I invite you to spend time in our garden, for gardens need appreciation and care as much as we do for growth. It is a quiet oasis in the midst of busy schedules and lives. So come and sit awhile or put in a bit of gardening time if that is your inspiration. The city sounds recede as the water feature, the guardian pines and the breeze whispers to our inner space of peace.

For the shared beauty of any oasis is there to stir in you a sense of calm, renewal and lightness that energizes and awakens the creative nature of the soul.

"The Way is patterned on Nature."

Lao Tzu *Tao Te Ching*

Keri Berthelot

### Transformation Workshop with John & Ellen

May 11th, 12th & 13th

See Centre board for times

Please register - sign up sheet in office  
By donation (must have Reiki II)

### REIKI CENTRE GENERAL MEETING

Sunday, July 15th 2007 at 2:00 pm

All are welcome

## A Course in Miracles

Someone once said that a single grain of insight when you're ready for it can change the course of your life.. Are you ready for a change in YOUR life, on any level?

A Course in Miracles (ACIM) provides many insights and valuable lessons for us to study and practice. It is a complete self-study spiritual thought system, consisting of a Text, a Workbook for Students with 365 lessons (one for each day of the year) and a Manual for Teachers which provides clarification of terms used in the book.

Although this is a self-study course, it is usually difficult for beginners to work through it on their own. A study group setting with a facilitator is recommended in order to understand and discuss how these spiritual principles can be applied in everyday life.

The "miracles" have nothing to do with magic, but they will begin to happen in our lives as we change our old thought system. Most of us live in a world of perceptions. ACIM teaches us the difference between Knowledge and Perception, how to distinguish what is real and unreal, and that Knowledge is Truth. Truth is unalter-

able and eternal, while Perception is always changing because it's based on interpretation, not on facts. Perceptions can limit our awareness because we see only with the body's eyes and hear with the body's ears, so we live largely in a world of illusion.

Most ACIM facilitators have studied the Course for years and have tried to apply the Course's principles to their lives to the best of their efforts. As your facilitator for this group, I have studied the Course since January 1996, have often struggled with it, but have learned many valuable truths and gained invaluable insights,

As the Introduction to ACIM begins: "It is a required course. Only the time you take it is voluntary..." and it sums up the Course very simply: "Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God".

The book can be brought at The Eternal Moment Bookstore (\$29 plus tax) or ordered from Chapters (\$34 plus tax).

I look forward to facilitating our study group, starting Monday, 4th June at the centre. Please come join me!

Lilian Marton



## SUMMER LABYRINTH WALKS

Summer solstice

Thursday June 21st (6 pm to 7 pm)

Thursday July 19th (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.

## FULL MOON MEDITATION & KEYNOTES

Tuesday, May 1st - 6:45 pm

**Taurus** Keynote:

I see and  
when the Eye is opened,  
all is Light.

Thursday, May 31st - 6:45 pm

**Gemini** Keynote:

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

Thursday, June 28th—6:45 pm

**Cancer** Keynote:

I build  
a lighted house  
and therein dwell.

Sunday, July 29th - 3:00 pm

**Leo** Keynote:

I am That  
and  
That am I.

**Please be prompt!!!**

## FULL MOON CHANTING

Tuesday, May 1st

**6:00 pm**

Thursday, May 31st

**6.00 pm**

Thursday, June 28th

**6:00 pm**

Sunday, July 29th

**2:15 pm**

Facilitated by Kaiko Golwalla

## Message from the Mountaintop



To be true to thyself, one must first intend to be true to Source, to that which brought you forth into this physical existence. For you see, there is really only one purpose on this planet and that is to learn to Love. Love one another as thyself.

First, there needs to be ambition, though not in the usual sense. More a drive, a yearning to be close to All That Is. To be aware of IT in all your moments. To live life with ITS presence fully awakened and active in you. When we allow this to happen, to BE in manifestation, then, we are fully alive and not threatened by the machinations of the unconscious mass.

We see this mirror of existence, as reflected upon the whole, as an opportunity to expand awareness of what is real and lasting. We came in knowing within, we set ourselves the challenge of remembering- upon which we would build bridges to Source. We accepted the challenge to be placed in a very distracting, foggy semblance of reality, and vowed that we would remember who we were, find our way "home", and thus forge a path for future souls to travel and evolve upon. To look around, it seems as if we have upped the challenge, pushing this opportunity to the very edges of self-destruction and implosion. Memories of Atlantis, anyone?

Now, ask yourself, "Why would I have chosen to be here at this time?" "What did I intend to remember, to lift the consciousness?" "What quality or gift do I have that is necessary?" "How can I express it, to make a difference?"

We say, "By purposely going deeply into the connection each of us has with Source. Focusing our trust, our innocence, our sense of adventure, our love towards the highest place within our beings and towards the promise we each made before we manifested on this plane - we CAN create the bridge, we CAN serve the Plan.

When the time comes to let go of everything on the physical plane, what are we left with? Our connection to Source, Creator, All That Is. This, might be the self-knowledge we want to grow at this time. The seed is already present (and in full bloom in the non-physical), just waiting for our attention and nurturing, to create a vibrant, living frequency. As we bring that living connectedness to everything we are and everything we

experience, we make a tangible contribution to the evolution we all agreed to be part of. We will be co-creating with more of our Soul energy engaged.

The joy and peace of knowing who we truly are, are blessings we receive for having taken the journey. We thank you and as Beloved Master and Friend, Denise Crundall would say, "May the Source be with you."

May God bless you and keep you.  
Cheryl Cowie

### Zeta Chapter Visits the Reiki Centre

Twelve very interested ladies (plus two husbands) gathered at the Centre on Monday, 12th March to hear what Reiki is all about. Those visitors were fellow members of Zeta Chapter of Alpha Delta Kappa, a sorority for women educators. I am a member of Ann Irving's team giving Reiki at Extencicare. I suggested Reiki to my Zeta sisters as a topic they might like to learn about. The response was enthusiastic. Best of all, Ann suggested we come to the Centre so the group could get a real feel of the Reiki atmosphere.

By the appointed time, the visitors were all sitting quietly and behind them were Reiki practitioners with their hands on the visitor's shoulders. Ann welcomed everyone to the Centre. I then told the story of Dr. Usui and his long search to find the source of the healing powers of religious leaders, covering his empowerment, his years healing the poor in the beggars quarters in Kyoto, and the importance of giving back, for which we received the five principles of Reiki.

Shirley Healy took over and spoke with great vitality, describing her own experience with Reiki. She drew the audience into the experience with her personal accounts, and answered many questions.

Darlene Awde rounded off the session with her description of the Reiki Centre, how it was established, the activities of our Reiki community, and how and when people can come in for a Reiki.

After thanks were given by Barbara Whitney, President of Zeta, we were treated to an abundance of delicious refreshments. The social time was a great way to end the evening, with many discussions and favourable comments about Reiki and the Centre.

Jean Dennis

If anyone else is interested in introducing Reiki to a group, please call the Centre.

## Transformational Tuesdays

### Gateways to Personal Transformation

### 9-STEP PRACTICE

An elegant process of transforming our beliefs.  
1st Tuesday each month - 7:30 pm  
**May 1st, June 5th, July 3rd**  
Facilitated by Shirley Healy

### REIKI II PRACTICE

With optional Silent Meditation  
7:00 pm  
2nd Tuesday each month - 7:30 pm  
**May 15th, June 12th, July 10th**  
Facilitated by Cheryl Cowie  
(Reiki II required)

### TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm  
**May 22nd, June 19th, July 17th**  
Facilitated by Darlene Awde

### AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm  
**May 29th, June 26th, July 24th**  
Facilitated by Shirley Healy  
(Reiki II required)

## POT LUCK DINNER WITH JOHN

Saturday, May 5th 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.

<b>1st &amp; 3rd Mondays</b>	7:30 pm	A Course in Miracles
<b>Tuesday, Wednesday,</b>	10:30 am to 3:00 pm (last appt - 2:30 pm)	by Appointment
<b>Tuesday</b>	7:30 pm	Transformational Tuesdays (see calendar)
<b>Wednesday</b>	7:30 pm	Community Reiki
<b>Thursday</b>	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.

## CENTRE WISH LIST

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

Still needed:

- Donations to refurbish the Kitchen.
- Volunteers to put hands on during days or evenings - see Reiki House schedule.
- Donations towards supplies and materials to upgrade the Centre as well as a new fax/copier.

## Reiki Outreach Schedule

<b>Monday mornings</b>	Bayview Extencicare	9:30 -12:00 noon
<b>Monday mornings</b>	Carefree Lodge	10:30 - 11:30 am
<b>Monday mornings</b>	Scarborough Extencicare	10:00 - 11:00 am
<b>Tuesday mornings</b>	Wellesley Central Place 5:30 - 6:30 pm (by appointment)	9:30 - 11:30 am
<b>Wednesday mornings</b>	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.

## 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.

## A Course in Miracles

A Course in Miracles will be restarting on 4th June with Lilian Marton as facilitator. This course will be held on the 1st and 3rd Mondays of each month, commencing at 7:30 pm. See Lilian's article on page 2.

By donation to the centre

## Centre Snippets

- ☉ The labyrinth walk on Saturday, 3rd March was attended by 8 people and raised \$75.00 for Newtonbrooke United Church for their "Out of the Cold" food programs.
- ☉ Our annual Spring Fling \$\$fun\$\$ raiser was great fun. We raised \$480.00 in the raffle. Thank you for the great food and prizes that made the day a success.

## GARAGE SALE

A garage sale will be held at the Centre on Saturday 16th June starting at 9:00 am (rain or shine).

Do you have any "treasures" that you want to sell? Set up and man your own table for the sale. Call the Centre to arrange your table space.

A donation to the Centre out of your sales would be appreciated

## Kids Reiki

First Sunday each month  
10:30 am - 12:30 pm

Facilitated by Vera Golwalla



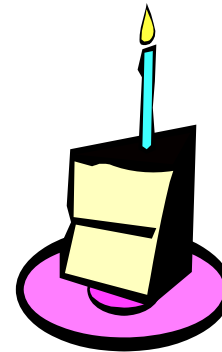
## Kids Reiki Class

There will be a Kid's Reiki Class on 13th & 14th of October - please contact the Centre for times and registration information.

## Honouring Our Elder

### Guess who is turning 85 in August!!!

Someone who always greets us from his heart and welcomes us into his heart - Yezdi Antia—a true source of Joy, Wisdom, Compassion, and Love.



Join us at the Reiki Centre on Sunday, July 15th, 2007 at 4:00 pm to celebrate Yezdi's life and friendship!!

MARK THAT DATE!! We are planning a pot luck BBQ and party for the occasion.

Everybody welcome!

If you no longer wish to receive this newsletter, please call or email the Centre ..... 416-218-0696 or [usuirelkecentre@sympatico.ca](mailto:usuirelkecentre@sympatico.ca)

# VIAMEDE RETREAT WITH JOHN CRUNDALL

“Where the Dream and the Path Become One”

WHEN: Sunday, September 30th to Sunday, October 7th, 2007.  
Check-in time 3 pm - Gathering 6 pm.

WHERE: Viamede Resort, Peterborough, Canada  
(www.viamede.com)

COST: \$795.00 CDN includes course fee,  
all meals and shared accommodation

REGISTRATION: A deposit of \$150.00 CDN due immediately.  
Balance \$645.00 CDN upon registration to Viamede Resort  
(cash or cheque only)

Note: Reiki II is a Prerequisite

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## REGISTRATION

Name \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

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 \_\_\_\_\_

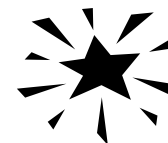
Deposit cheque of \$150 made to E.J. Rose  
Balance of \$645 payable to Viamede Resort upon registration on September 30th  
(Note: Cash or cheque only)

Send registration to: Usui Reiki Centre Toronto  
3 Oakhurst Drive  
North York, Ontario  
Canada M2K 2N2  
Tel: (416) 218-0696  
Fax: (416) 226-3266

# Usui Reiki Centre May 2007

## MONTHLY HIGHLIGHTS

Full Moon May 1st  
 Reiki I Class May 4th - 6th  
 Pot Luck Dinner May 5th  
 Reiki II Class May 6th - 8th  
 Volunteers Workshop May 12th - 14th  
 Full Moon May 31st



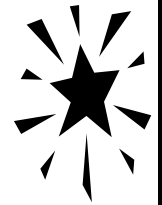
See Centre website at [www.urct.org](http://www.urct.org) for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		○ 1 Chanting 6 pm Full Moon 6:45 pm 9-Step Practice 7:30 pm	2 Community Reiki 7:30 pm	3 Community Reiki 7:30 pm	4 Reiki I Class 7 pm - 11 pm	5 Reiki I Class 10 am - 6 pm Pot Luck Dinner 7:30 pm
6 Reiki I Class 12 noon - 6 pm Reiki II Class 7 pm - 11 pm	7 Reiki II Class 5:30 pm – midnight	8 Reiki II Class 5:30 pm - midnight	9 Community Reiki 7:30 pm	10 Community Reiki 7:30 pm	11 Volunteers Wksp 7:30 pm	12 Volunteers Wksp 10 am - 6 pm
13 Volunteers Wksp 10 am - noon	14 Reiki I Practice 7:30 pm Course in Miracles 7:30 pm	15 Silent Med 7 pm Reiki II practice 7:30 pm	16 Community Reiki 7:30 pm	17 Community Reiki 7:30 pm	18	19
20	21 Victoria Day Centre Closed	22 Terrace Meditation 7:30 pm	23 Community Reiki 7:30 pm	24 Community Reiki 7:30 pm	25	26
27	28 Reiki I Practice 7:30 pm Course in Miracles 7:30 pm	29 Akashic Practice 7:30 pm	30 Community Reiki 7:30 pm	○ 31 Chanting 6 pm Full Moon 6:45 pm		

# Usui Reiki Centre June 2007

## MONTHLY HIGHLIGHTS

Kids Reiki June 3rd  
 Garage sale June 16th  
 Labyrinth Walk June 21  
 Full Moon June 28th



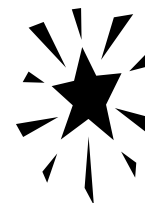
See Centre website at [www.urct.org](http://www.urct.org) for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3  Kids Reiki 10:30 am	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  Garage Sale 9 am
17	18  Course in Miracles 7:30 pm	19  Terrace Meditation 7:30 pm	20  Community Reiki 7:30 pm	21  Labyrinth Walk 6 pm Community Reiki 7:30 pm	22	23
24	25	26  Akashic Practice 7:30 pm	27  Community Reiki 7:30 pm	28 ○ Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	29	30

# Usui Reiki Centre July 2007

## MONTHLY HIGHLIGHTS

Kids Reiki July 8th  
 General Meeting July 15th  
 Yedzi's Party July 15th  
 Labyrinth Walk July 19th  
 Full Moon July 29th



See Centre website at [www.urct.org](http://www.urct.org) for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Canada Day Centre Closed	3 9-Step Practice 7:30 pm	4 Community Reiki 7:30 pm	5 Community Reiki 7:30 pm	6	7
8 Kids Reiki 10:30 pm	9	10 Silent Med 7 pm Reiki II Practice	11 Community Reiki 7:30 pm	12 Community Reiki 7:30 pm	13	14
15 General Meeting 2 pm Yedzi's Party 4 pm 	16 Course in Miracles 7:30 pm	17 Terrace Meditation 7:30 pm	18 Community Reiki 7:30 pm	19 Labyrinth Walk 6 pm Community Reiki 7:30 pm	20	21
22	23	24 Akashic Practice 7:30 pm	25 Community Reiki 7:30 pm	26 Community Reiki 7:30 pm	27	28
29  Chanting 2:15 pm Full Moon 3 pm	30	31				