



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

May June July 2008

SILENCE – THE INWARD JOURNEY

Silence; the quiet voice within, that speaks not through the mind, but through the heart. The gentle whispers from the depth of our being that know the truth. Silence speaks, not in any language of mankind, but in its own symbolism and feelings. Do we listen, or have we forgotten how? The mind needs to interpret and analyze (often inaccurately), but the heart just knows. It is up to us to make the effort to listen and discern the difference

For centuries, people have used the practice of silence as a resting and renewal stop on the spiritual journey. Many aboriginal people still can communicate beyond words, yet modern technology had made it easier for us to forget than remember this gift. Today, we live in a world of constant noise – television, home stereos, car radios, movies, telephone, iPods, etc. We seem to be uncomfortable with silence and constantly need outward “entertainment”. Are we afraid to stop and truly listen to the stillness within? Dallas Willard in *The Spirit of the Disciplines* wrote, “Silence is frightening because it strips us as nothing else does, throwing us upon the stark realities of our life.”

We keep the mind ever active, ever thinking, surface chatter, always distracted, that we forget to be still and listen to the silence. We all appreciate the conveniences of modern communication devices, and certainly need the personal

relationships in our lives, but there has to be a time for solitude, for only in that space can we truly hear Spirit.

Not only must we find the time, we also have to recognize the space of silence, always hidden within, illusive to our material-world senses. In the space between the worlds, overlapping like the sacred geometry figure of the vesica piscis, where the heart-centre of each touches on the perimeter of the other, the space of silence lies, a vast chasm of endless depth; the oasis of quiet, the inner sanctuary, the interior castle, the sacred centre where God dwells.

A walk in nature, an early morning meditation, a journey through the labyrinth, a time of giving or receiving Reiki, or a quiet moment during the day, we must find that space where we can set aside the demands and distractions of this every-day world and just be with ourselves. We need to develop the spiritual discipline of not doing, but just being, for that space holds the gateway to make contact with your inner spirit. Henry Nouwen said in *The Way of the Heart*, “Silence is the way to make solitude a reality.” He also said, “It is a good discipline to wonder in each new situation if people wouldn’t be better served by our silence than by our words.” Perhaps, we are there on a deeper level, in a more intimate and connected manner than words could convey.

Dr. Richard Peace wrote, “The spiritual disciplines keep us alert to the presence of God.” He continued, “the spiritual disciplines are a way of learning to hear again.” We must learn how to listen again. Silence, being in solitude and stillness, is the key that unlocks the door to our inner depths and guidance.

Eckhard Tolle, in his book *Stillness Speaks* says, “True intelligence operates silently. Stillness is where creativity and solutions to problems are found”. He also notes, “Your innermost sense of self, of who you are, is inseparable from stillness. This is the I Am that is deeper than name and form”. Silence is a powerful antidote to the chaos of this world. The practice of silence puts us in the present moment, and enables us to focus our attention on deep matters of the heart. It increases comprehension of the greater truths. It is the space where we can commune with things greater than the discordance all around us.

So take the time to listen, really listen - you might just get a glimpse of who you truly are!

In love and service
Brian Awde

VIAMEDE RETREAT with John Crundall and Ellen Rose



”The Irresistible Voice Of Soul”

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)

Peterborough, Canada

Sunday, September 28 - Sunday, October 5, 2008

Book your Retreat time now! \$795.00 includes course fee, all meals and shared accommodations. \$220 deposit by June 30th. Balance due September 28th. See registration form on page 5 of Newsletter.



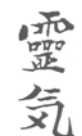
Learn Reiki with John & Ellen

Classes in September

REIKI I	Fri Sept 19th	7:00 pm - 11:00 pm
\$175.00	Sat Sept 20th	10:00 am - 6:00 pm
	Sun Sept 21st	12 noon - 6:00 pm
REIKI II	Sun Sept 21st	7:00 pm - 11:00 pm
\$450.00	Mon Sept 22nd	5:30 pm - Midnight
	Tues Sept 23rd	5:30 pm - Midnight

Dates for Spring 2009 classes to be published in next newsletter

Usui Reiki Centre at Reiki House



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E-mail: usuireikicentre@sympatico.ca
Website: www.urct.org

Access the Centre calendar at our website

THE GARDEN CORNER

Sunday, February 17th, the day of the Mad Hatters Garden Party, was one of the coldest, blustery days of this winter. While the winds howled outside, inside Reiki House the flowers were in bloom and one would have thought that Spring had arrived?? A knock came at the door, the people arrived – and the Mad Hatter's Party began.

A poem and a lovely paper handout about trees was shared. Karen Cutler introduced the "Tree Magick Cards" by Gillian Kemp. Everyone drew a card and received a rewarding message. The cards can be found in the office – be sure to choose one and receive your special message.

Alice's Garden Agenda was discussed in great detail. This Spring the possibility of extending the patio was reviewed. Brian Awde and Richard Gurbin will be costing out this project, as patio stones, materials etc. are quite expensive. It was decided that a Fund Raiser would be necessary to get this project rolling. The hope is that the patio will be completed before the Family Fund Raiser BBQ on June 22nd.

The finale of the party was to choose the Best Hats. Darlene Awde came in first, Maralyan Strachan placed second and Kay Gurbin came in third. As luck would have it there were six prizes and six people attended. Jacinta Yang, Richard Gurbin and Brian Awde were the runner's up. We laughed a lot, ate lots of cake, cookies and of course enjoyed a pot of Alice's tea.

It took quite a bite out of winter and carried us into an afternoon of fun, laughter and joy. If anyone is interested, the Minutes of the Meetings are available in the Garden Book located in the office.

The Garden Committee looks forward to a New Season in the Spring of 2008.

The Power of the Mind

"Our problem is that inside us there's a mind going, "Impossible, impossible, impossible. I can't, I can't, I can't." We have to banish that mind from this solar system. Anything is possible; everything is possible. Sometimes you feel that your dreams are impossible, but they're not. Human beings have great potential; they can do anything. The power of the mind is incredible, limitless."

Quote from the lama who founded the Land of Medicine Buddha - *Lama Yeshe*

Beauty is Eternal

Lazaris Calendar - April

Wherever ye be, there be Beauty. For the depth to which ye perceive, drink of, taste of, feel, hear and yes, become Beauty, be a journey to the depth of Soul. There be ever more, a non-ending supply of beauty matter, substance, if ye will at thy level of consciousness and beyond.

Allowing Beauty to surface in a moment of uncertainty, or surprise, or disappointment is allowing eternity to touch the Heart and birth Love. It be available to all through conscious awareness of each moment, through the conscious breath and absence of prescribed thought.

Hollowness be beauteous, non-formed thought substance, source of possibilities, yours to explore. As Reiki channels, ye are a hollow straw through which the Healing Life Force energy is drawn and flows. How close, then, are ye to being this Eternal Beauty! Recognize this, in beauty that Reiki service brings into you and from you, as the eternal Beauty of Service is manifested.

A flower, a wisp of wind, Reiki touch, elegance in all its simplicity, be the eternal connection to thy journey, moment to moment.

Perceive. Receive. Become.
Beauty is eternal.

In Love and Light
Ann Irving
Outreach Coordinator



SUMMER LABYRINTH WALKS

Summer Solstice
Thursday June 19th
(6 to 7 pm)

Thursday July 17th
(6 to 7 pm)

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



FULL MOON MEDITATION & KEYNOTES

Tuesday, May 20th - 6:45 pm

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

Wednesday, June 18th - 6:45 pm

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

Friday, July 18th - 6:45 pm

Cancer Keynote:
I build a lighted house
and therein dwell.

Please be prompt!!!

FULL MOON CHANTING

Tuesday, May 20th
6:00 pm

Wednesday, June 18th
6:00 pm

Friday, July 18th
6:00 pm

Facilitated by Kaiko Golwalla

REIKI REACHING SENIORS AT EXTENDICARE

As many of you know we have had an ongoing relationship with Bayview Extencicare Long term Facility for several years. We have had our volunteers giving Reiki weekly to the residents, as well as doing presentations for family members to learn what Reiki is and how it will benefit their loved ones.

Shortly, after doing a presentation in March on Reiki for the staff and residents of Bayview (see article on page 4), we were approached to do another Reiki presentation for Paul Cutle, the President of Extencicare for Canada.

Richard and I met with Paul at Bayview Extencicare on Tuesday, April 8th, and while we gave Reiki to residents in the home, we answered questions and gave him a general explanation of the benefits of Reiki. He was also able to ask the residents how they were enjoying their Reiki experience.

He is very open to alternative care for the Extencicare residents and is looking at ways to introduce this care to other members of his management team. He wondered if our Reiki Centre could do a presentation at their head office for the other executives so that they would be able to experience Reiki and ask their own questions. He also suggested that it might be good for the executives to see how it worked in the nursing home environment.

We were thrilled with his response and welcomed the opportunity to help in any way we could to promote Reiki in their facilities. So, we may be appealing for Reiki Channels to assist us in fulfilling these requests in the near future.

Den's goal was to put Reiki in as many hands as possible. It is a joy to be continuing to share our love of Reiki in this way.

Kay Gurbin

Donations Needed!!

Help us fill gift baskets with new items (ie. for kitchen, bath, personal, home, garden) for our Summer BBQ & Fundraiser draws.

Also welcomed are movie passes, event tickets and gift certificates. Please leave items at the Centre office by Thursday, June 19th.

LAND OF MEDICINE BUDDHA RETREAT IN CALIFORNIA

The five-day intensive retreat held in April at the Land of Medicine Buddha in California with John and Ellen was aptly named "Awakening to the Voice of the Sacred". Nestled in the redwood forest, this peaceful Tibetan Buddha retreat centre was the perfect venue for exploring self-mastery in the stillness and silence of nature.

Each of us worked with our own personal intent in this serene setting. We gathered as a community of thirty-one people who were loving, gentle and aware of each other's journey. In the beauty and serenity of nature, we honored not only the sacredness of the forest, but each other, with the silence needed to go deeper within to connect with the voice of spirit.

Every evening after the teachings, we retired to our own space to journal, to think and to review the day without distractions. Silence lasted until after the next morning's meditation, and sometimes breakfasts and lunches were in silence, so we could become aware of the food we ate, who we shared it with, and to let our own minds be free of the chit chat.

The retreat truly was "beyond words", for in the silence, we experience that the voice of the sacred is heard, not in the words, but through the heart.

Love
Darlene Awde

Transformational Tuesdays Gateways to Personal Transformation

9-STEP PRACTICE

An elegant process of transforming our beliefs.

1st Tuesday each month - 7:30 pm

**May 6th, June 3rd,
July 8th**

Facilitated by Craig Belanger

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

**May 13th, June 10th,
July 15th**

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

**May 20th, June 17th,
July 22nd**

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

**May 27th, June 24th
July 29th**

Facilitated by Craig Belanger
(Reiki II required)

Summer BBQ & Fundraiser

Family fun—all welcomed!

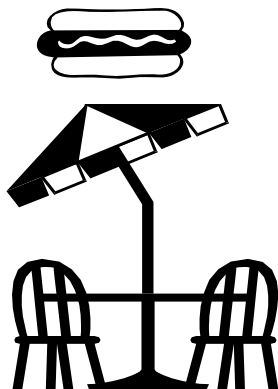
Sunday, June 22nd from 3 to 7 pm

Raffles, gift baskets, 50/50 draw
and entertainment!!!

We supply meat/fish & veggie burgers,
hotdogs and soft drinks. BYOB

Please bring salad or dessert.

Signup sheet in office.



Usui Reiki House Schedule

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

Tuesday,	10:30 am to 3:00 pm	by Appointment
Wednesday,		(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 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)
Wednesday mornings	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.

Centre Snippets

☺ The Reiki Centre would like to thank Hilary Slominsky of Bayview Extencicare. He became a Reiki Channel three years ago, and has been assisting the Reiki Group on Mondays by providing service to other patients at Bayview Extencicare. Hilary, your hard work and loving care helped the 'Spirit of Reiki' to take root. Hilary now resides at Baycrest Facility and we all wish him well.

REIKI DAY

A full day of Reiki for Reiki Channels
Sunday 25th May 2008
9:30 am to 6 pm
Must have Reiki II
By donation - sign up in office

Kids Reiki

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



"OUTREACH"

EXTENCICARE BAYVIEW STAFF PRESENTATION Tuesday, March 11, 2008

A request was made by Valerie Eales, Manager of Volunteer Services of Bayview Extencicare to give an educational talk to their staff to enlighten them on the meaning of 'Reiki', and how it could assist them in their careers and personal paths.

Kay Gurbin delivered an uplifting, energetic presentation; using examples of how Reiki energy has helped to make a great difference in so many lives.

While Kay spoke, Richard Gurbin, Margarita Cárcamo-Bruch, Gina Visan, Maralyn Strachan and Karen Cutler put hands-on, so staff could experience the gentle flow of energy and actually feel what "Reiki" is.

There was a connection of energy and the staff left the Chapel Room with the knowledge and a better understanding of the Reiki energy.

Karen Cutler - Outreach

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, and to buy patio stones for the Reiki garden.

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 may be subject to editing due to space.

Update From Yezdi

During this long convalescence, I have been sustained by the support from all my friends, and particularly from my Reiki friends. My heartfelt thanks to you all for your get-well cards, telephone messages and so many insightful Reiki IIs.

A special note of thanks to Annie who spent and is spending countless hours and days looking after my welfare.

With the good weather in sight, it gives me an opportunity to move about a little more and I look forward to being with you from time to time.

Lots of Love
Yezdi

REIKI CENTRE GENERAL MEETING

Sunday, June 1st 2008
at 2:00 pm
All are welcome

A COURSE IN MIRACLES

A Course in Miracles will be discontinued for the summer months

Please contact the Centre or sign up in the office if you are interested in attending A Course in Miracles in the fall.

Facilitated by Lilian Marton

VIAMEDE RETREAT WITH JOHN CRUNDALL & ELLEN ROSE

“The Irresistible Voice of Soul”

WHEN: Sunday, September 28th to Sunday, October 5th, 2008.
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 \$220.00 CDN due immediately
(non-refundable after September 1st).
Balance \$575.00 CDN upon registration to Viamede Resort
(cash or cheque only)

Reiki II is a prerequisite. Participants must have taken Reiki II
with Denise or John Crundall, or have sat in on both their
Reiki I and Reiki II classes.



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 \$220 made to E.J. Rose
Balance of \$575 payable to Viamede Resort upon registration on September 28th
(NOTE: CASH OR CHEQUE ONLY)

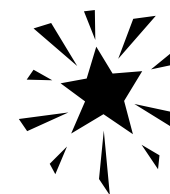
Send registration to: Usui Reiki Centre Toronto
3 Oakhurst Drive
North York, Ontario
Canada M2K 2N2
Tel: (416) 218-0696
Fax: (416) 226-3266

Usui Reiki Centre May 2008

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

MONTHLY HIGHLIGHTS

Akashic Workshop
 May 2nd - May 4th
 Full Moon May 20th
 Reiki Day May 25th

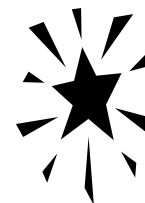


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Community Reiki 7:30 pm	2 Akashic Wksp 7 pm	3 Akashic Wksp 10 am - 6 pm
4 Akashic Wksp 7 am - 6 pm	5	6 9-Step Practice 7:30 pm	7 Community Reiki 7:30 pm	8 Community Reiki 7:30 pm	9	10
11	12	13 Silent Med 7 pm Reiki II practice 7:30 pm	14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

Usui Reiki Centre June 2008

MONTHLY HIGHLIGHTS

General Meeting June 1st
 Full Moon June 18th
 Labyrinth Walk June 19th
 Summer BBQ June 22nd



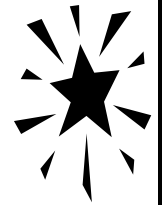
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 General Meeting 2 pm	2	3 9-Step Practice 7:30 pm	4 Community Reiki 7:30 pm	5 Community Reiki 7:30 pm	6	7
8	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 Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	19 Labyrinth Walk 6 pm Community Reiki 7:30 pm	20	21
22 Summer BBQ 3 - 7 pm	23	24 Akashic Practice 7:30 pm	25 Community Reiki 7:30 pm	26 Community Reiki 7:30 pm	27	28
29	30					

Usui Reiki Centre July 2008

MONTHLY HIGHLIGHTS

Labyrinth Walk July 17th
Full Moon July 18th



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

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