



LIGHT LINES

CELEBRATING UNIVERSAL LIFE ENERGY

May June July 2009

A Sentient Being in a World of Possibilities - Yezdi Antia 1922-2009

Was it only 1994, when Kav and Doris Homji brought Perin and Yezdi to take Reiki classes? Was it only 1999, when Yezdi carried the Light with Kav, and led the rest of our Usui Reiki Community carrying lit tealights from the Books of Light to Reiki House with Sue and Ellen? Time flies, and sweet memories remain with us forever. As Yezdi's earthly time is over, we each are blessed with our own memories which linger and inspire.

A wise Elder, whose presence and listening ear instilled peace, calm, love and hope into our lives, where perhaps we had forgotten the feeling, or never experienced it before.

An ever-present team person, he could be counted upon to garden, to chop vegetables, to facilitate or put hands on Reiki clients, to set up and clear our tables for Reiki and our social activities, and to give a ride when needed (after all - that's how I met him). He always enjoyed participating fully.

If you recall last December, at our Christmas party, Yezdi chanted a Zoroastrian Thanksgiving prayer for our Grace, in the old language. As he finished, there was a hushed silence and a voice in the group said simply "Thank you, Yezdi". Afterwards, whenever there was a space beside him, it was quickly filled as one by one, two by two, we took our turns to share laughter, sorrow, and healing love with Yezdi. Such was the nature of the man, that moments with him, whether they be short or long, were treasured with deep gratitude, and everyone was his friend.

Isn't that what we want to say now? Thank you Yezdi, for fostering with us a sense of community in our early years, joy of service everyday, and love and compassion in our thoughts, words, and deeds, as you led by example.

Coming from the tradition of the Magi, Yezdi was himself the gift, as he shared love, and hope, and service and friendship. Yes, he was our

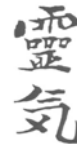
gift of Life as we know it can be. We felt gifted by Yezdi, himself as a wonderful friend and inspiration to us all.

This is our opportunity now, to draw the qualities of Yezdi that we so admired, unto ourselves and connect with them, each in our own way, enriching our lives and communities as we journey.

Let us honour Yezdi, our dear friend and Elder, by acting on the possibilities for a life of service and loving compassion, whenever and however we can, because we can, AND HAVE FUN DOING IT !!!

Surely, this is a large part of his legacy to us. Let us start anew, and keep his cheerful spirit of volunteering and caring alive! For the life and integrity of Yezdi Antia, we give thanks to God.

In humility and gratitude,
Ann Irving



Learn Reiki with John & Ellen

Classes in May

REIKI I \$225.00 Fri May 22nd 7:00 pm - 11:00 pm
Sat May 23rd 10:00 am - 6:00 pm
Sun May 24th 12 noon - 6:00 pm

REIKI II \$525.00 Sun May 24th 7:00 pm - 11:00 pm
Mon May 25th 5:30 pm - Midnight
Tues May 26th 5:30 pm - Midnight

Classes in September

REIKI I \$225.00 Fri Sept 25th 7:00 pm - 11:00 pm
Sat Sept 26th 10:00 am - 6:00 pm
Sun Sept 27th 12 noon - 6:00 pm

REIKI I \$525.00 Sun Sept 27th 7:00 pm - 11:00 pm
Mon Sept 28th 5:30 pm - Midnight
Tues Sept 29th 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)

Peterborough, Canada

Sunday, October 4th - Sunday, October 11th, 2009

Book your Retreat time now! \$895.00 includes course fee, all meals and shared accommodations. \$295 deposit by June 30th. Balance due upon check-in.

10th Year Celebration at Reiki House

Saturday, 23rd May from 6:30 - 8:30 pm

Drop in and Re-connect with the Centre, John, Ellen and the Volunteers

ALL ARE INVITED

Hors d'oeuvres and refreshments will be provided.



Usui Reiki Centre at Reiki House (since 1999)

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

YEZDI'S GARDEN OF JOY

Yezdi loved gardening, and particularly, after he sold his home in Don Mills, he revelled in gardening at the Reiki Centre with friends. In July 2007, for Yezdi's 85th birthday celebration, which was held at the Reiki Centre, Karen Cutler wrote a lovely poem, and gave it to him. She shared it at the Mad Hatters' party to honour his time with the Gardening Group over the years. Now she shares it with all of us. Read it and enjoy! Thank you Karen.

Ann Irving

Now Yezdi had an Amazing Garden
Where the roses bloomed to complete perfection
He planted seeds and toiled hard for many years
This Garden gave him spirals of spiritual satisfaction.

Garden Angels visited him in the Garden every day
..working beside him 'til sun down.. then taking flight
Floating like butterflies around him; they were good company
At dream time filling his thoughts with promises of tomorrow
.... well into the night

This man has thousands of passions
He enjoys life in absolutely every way
But his soul is truly part of the Garden
He loves to come here all the time to play.

The Garden of Life has been good to him
On so many levels he has touched so many hearts
Just like individual flowers and leaves...as friends
We have joined him, all together to make one whole part

How perfect that on this glorious day in July
We Celebrate Yezdi and all that he is – Oh Boy!
In the Garden that he created and worked on...
Let's toast him with Admiration and Great Joy.

Many thanks Yezdi for the Love & Compassion
you have showered upon The Reiki Centre Channels
and The Reiki Garden

HAPPY 85th BIRTHDAY "YEZDI"!

In Light & Love Always Karen Cutler July 15, 2007

IMPORTANT NOTICE re Lightlines Newsletter and PayPal

Greetings! We want to let everyone know that this will be the last mass mail out of the newsletter for two reasons. One, we are thinking of the environment, and two, the current cost of producing and mailing is over \$1500.

There are a number of people who receive it by email and also who read it on our website, www.urct.org. If you would like to receive it this way, please send your email address to usuireikicentre@sympatico.ca, no later than July 10, 2009.

There are some of us who really enjoy reading a paper copy and having the calendar of scheduled events handy, and also those who don't have computer access. For those of us, we are offering a yearly subscription for a minimum donation of \$5. Please let us know by phone, mail or PayPal by July 10, 2009, and make sure we have your current address.

NEW PAYPAL SERVICE - We are setting up PayPal on our above website to facilitate subscription donations. It will also be available to receive donations to the centre for the continuation and upkeep. We are pleased to offer this convenient way to support our efforts, and we greatly appreciate all donations.

In gratitude and service
Toronto Usui Reiki Centre @ Reiki House



SUMMER LABYRINTH WALKS

Summer Solstice
Thursday June 18th
(6 to 7 pm)

Thursday July 16th
(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

Saturday, May 9th - 2:45 pm
Taurus Keynote:
I see and when the Eye is opened,
all is light.

Sunday, June 7th - 2:45 pm
Gemini Keynote:
I recognize my other self and in the
waning of that self, I grow and glow.

Tuesday, July 7th - 6:45 pm
Cancer Keynote:
I build a lighted house
and therein dwell,

Please be prompt!!!

FULL MOON CHANTING

Saturday, May 9th
2:00 pm

Sunday, June 7th
2:00 pm

Tuesday, July 7th
6:00 pm

Facilitated by Kaiko Golwalla

Message from the Mountaintop



Be still my child and listen to the silence, for it is there that my voice is heard most clearly.

The time is here for going within to discover what ye needs be doing out there in the world. There is and always has been available sacred guidance for your daily living. It takes some work, attention and commitment, to become fluent in the "language" of the guidance.

Look all around from this place of stillness and the signs become illuminated. They be right in front of you. I don't make it complicated. Little children see and hear me everywhere, in their wonder and their willingness to be ensouled. Become as a child then, absorbing and always ready to be informed, never feeling you know all there is to know. It is this openness which allows for greater communication from us, for new ideas to be downloaded. Always be on alert, listening intently and eagerly awaiting the next message, the Being fine-tuned to our frequency.

Pay attention to what the vibration feels like - that amplified, extra tingly aliveness of the senses. You have all experienced this at least once. Become more sensitive to it, so that you can pay extra close attention, when you feel it. What have we turned your attention toward? Is it an answer to a question, is it asked for guidance, is it the manifestation of a prayer? Yes, it WILL seem synchronistic or co-incidental, for that is one of the ways we work to make you notice!

The more you open and believe, the more ways you begin to feel our presence, notice our symbols, and receive our help and guidance.

From the beginning of time, there has always been a direct connection that you can easily access. Yes, it requires a certain attitude and intent to hear the whispers as well as the shouts. This be

the fine-tuning we spoke of.

There is so much fun available as you begin to sense our messages more finely and frequently. The fun for us is to see you receive them, believe them, and act on them. It is then that we really begin to co-create. It is then we see you living whole, as you are accessing the unseen as well as the seen parts of your being. Have some fun with it, practice and watch what manifests when you "listen" and when you "ignore". There are so many paths to explore, and you begin to sense some dead ends without having to walk them, because you read the signs we posted!

Perhaps the path of grace involves using the ace we ALL have up our sleeve. Spirit is always speaking-we just need to develop our receptiveness and to expand our perception. We also need to give thanks when we "get" it, for that encourages more dialogue. Humility and joy keep the channel flowing. Ask for that which you desire, making sure that you are always seeking that which serves the highest good, and that only those in service to the Source of your being reply, and watch the creative ways in which we respond. If it is "request denied", have an honest look at how that serves. In this way, we fine-tune your ability to request. As above, so below. You begin to get a broader perspective of what serves your Soul's whole journey, as well as in this moment. Pray to be helped to listen well and for the courage to trust our guidance. Be at peace, be at one with the Almighty, go forth with correct knowledge and be of service with correct actions.

We'll be "speaking" with you again soon. Anybody Home? Don't worry, we'll leave a message. Maybe you will pick it up later.

In Love, Laughter and Light
Cheryl Cowie

VOLUNTEERS' WORKSHOP

With John & Ellen

Join us for a weekend of powerful spiritual growth!

Friday 15th May to Sunday 17th May 2009

Reiki II is a prerequisite.

By donation - please register in the office.

Transformational Tuesdays Gateways to Personal Transformation

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

May 12th, June 9th,
July 14th

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

(No Terrace Meditation in May)

June 16th, July 21st

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

(No Akashic Practice in May)

June 23rd, July 28th

Facilitated by Cheryl Cowie
(Reiki II required)

VOLUNTEERS WANTED

Can you help out with day or evening Reiki?

Tuesday/Wednesday day - 10:30 to 3:00
Wednesday/Thursday evenings - from 7:30

Please call the Centre at 416-218-0696.
Your help is greatly appreciated.

Thanks Darlene

Donations Needed For Fundraiser!!

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, July 16th.

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/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

- ☺ The January workshop on Conscious Living with Dying with Ellen Rose was a great success. It was a powerful yet intimate gathering of about thirty people who gathered over the weekend of a major snowstorm. The teachings were powerful and timely for the changes that we and our world are experiencing now.
- ☺ Reiki Day, held in March for Reiki II channels, was well attended. The day started with walking the labyrinth, and then at Reiki House, everyone gave a Reiki, received a Reiki and had a Reiki II done for them. More Reiki days are to be planned.

Centre Clean-up

Saturday, May 9th
 10 am till Full Moon!

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

Chanting & Full Moon following!

Kids Reiki

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



Facilitated by Vera Golwalla

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 July 1st.
 Please note articles may be subject to editing due to space.

LAND OF MEDICINE BUDDHA

The retreat with John and Ellen at the Land of Medicine Buddha, located in the Santa Cruz mountains, California, was phenomenal. This centre is a Buddhist retreat devoted to healing the body and mind and developing a good heart, very appropriate requisites for our gathering. Even the weather co-operated, turning very warm and sunny for our stay. Thirty-one people attended in all, ten from Canada, one from Germany and one from Australia, plus others from Kansas and Oregon as well as California.

The setting in the redwood forest was awe-inspiring. These tall graceful trees, reaching for the sky, filtering the sunlight, reminded me of Gothic cathedrals, uplifting the soul and inviting Spirit to play. And play we did, in silence and in love for each other and our respective journeys.

In love and service
 Brian Awde

Summer BBQ & Fundraiser

Family fun—all welcome!

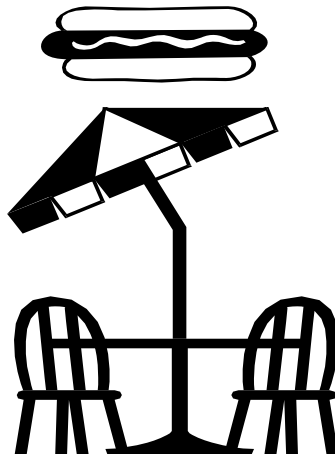
Sunday, July 19th from 3 to 7 pm

Silent auction, 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.





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 22nd 7:00 pm-11:00 pm
Saturday May 23rd 10:00 am-6:00 pm
Sunday May 24th 12 Noon-6:00 pm

Reiki Level II

\$525.00 Sunday May 24th 7:00 pm-11:00 pm
Monday May 25th 5:30 pm-Midnight*#
Tuesday May 26th 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**

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.**

Usui Reiki Centre May 2009

MONTHLY HIGHLIGHTS

Centre Cleanup May 9th
 Full Moon May 9th
 Volunteers Wkshp May 15th - 17th
 Reiki I Class May 22nd - 24th
 10th Year Party May 23rd
 Reiki II Class May 24th - 26th



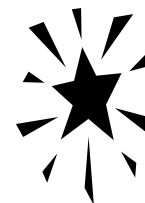
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Community Reiki 7:30 pm	7 Community Reiki 7:30 pm	8	9 Centre Cleanup 10.00 am Chanting 2 pm Full Moon 2:45 pm
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 Volunteers Workshop 7 pm - 10 pm	16 Volunteers Workshop 10 am - 6 pm
17 Volunteers Workshop 10 am - 4 pm	18 Victoria Day	19	20 Community Reiki 7:30 pm	21 No Community Reiki	22 Reiki I Class 7 pm - 11 pm	23 Reiki I Class 10 am - 6 pm 10th Year Party 6:30 pm
24/31 Reiki I Class 12 noon - 6 pm Reiki II Class 7 pm - 11 pm	25 Reiki II Class 5:30 pm - midnight	26 Reiki II Class 5:30 pm - midnight	27 Community Reiki 7:30 pm	28 Community Reiki 7:30 pm	29	30

Usui Reiki Centre June 2009

MONTHLY HIGHLIGHTS

Full Moon June 7th
Labyrinth Walk June 18th



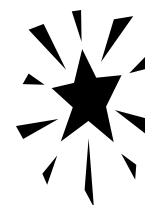
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Community Reiki 7:30 pm	4 Community Reiki 7:30 pm	5	6
○ 7 Chanting 2 pm Full Moon 2:45	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	15	16 Terrace Meditation 7:30 pm	17 Community Reiki 7:30 pm	18 Labyrinth Walk 6 pm Community Reiki 7:30 pm	19	20
21	22	23 Akashic Practice 7:30 pm	24 Community Reiki 7:30 pm	25 Community Reiki 7:30 pm	26	27
28	29	30				

Usui Reiki Centre July 2009

MONTHLY HIGHLIGHTS

Full Moon July 7th
 Labyrinth Walk July 16th
 Summer BBQ July 19th



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	4
5	6	7 ○ Chanting 6 pm Full Moon 6:45 pm	8 Community Reiki 7:30 pm	9 Community Reiki 7:30 pm	10	11
12	13	14 Silent Med 7 pm Reiki II Practice 7:30 pm	15 Community Reiki 7:30 pm	16 Labyrinth Walk 6 pm Community Reiki 7:30 pm	17	18
19  Summer BBQ & Fundraiser 3 - 7 pm	20	21 Terrace Meditation 7:30 pm	22 Community Reiki 7:30 pm	23 Community Reiki 7:30 pm	24	25
26	27	28 Akashic Practice 7:30 pm	29 Community Reiki 7:30 pm	30 Community Reiki 7:30 pm	31	