



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

November December 2005 January 2006

The times, they are a-changing, and you are being changed too. The very act of being here now, puts you on the evolutionary path. Don't bemoan the changes going on around you. Look to understand the new world we are creating. Be empowering to the process - by being aware and open, even when you don't like what you see within you and your world.

The messages are clearly present in both. Ask yourself questions. What needs healing? What needs acceptance? How have I grown within and what is different for me now? How can I replenish the "will to good" within me, within the world? What can I direct my attention and energy towards that will cause healing and benefit to our daily existence?

Become aware of the natural ebb and flow within your own Being. For some, it may be time to act upon your newfound knowledge of your relationship with Love. For others, it may be time to integrate what you have learned until you make peace with it. Exploring with an eye to learn, rather than an eye to judge. Practice the tools that work for you to tap into your Wise Mind.

I believe that "Awareness is a Practice."

At the Viamede retreat this year, about 40 of us practiced our tools, and it created the space for us to hold hands with our soul. I recognized the depth of my resistance, asked for forgiveness, forgave myself and surrendered to the Love of my Higher Self.

This breathed life into "THY WILL AND MY WILL ARE ONE". Taking that hand also opened my eyes and my heart to the many sacred hands that I/we are blessed with in this life. As a group, we experienced the Miracle of Oneness. To all of you, seen and unseen, I say thank you.

Again, Awareness is a Practice. For me, my desire is great and my discipline is weak. My new prayer is, "Please help me make my "practice" a priority and a joy. Take my hand and lead me in this until it becomes my daily living. Help me have compassion for having a "monkey mind" and the clarity to see when I am replaying an "old tape" in a present circumstance. Help me have the courage to admit the truth and the character for my actions to be a reflection of that truth." The work that we all did at Viamede continues to unfold for many of us. Thank you John, Ellen and everyone who participated.

A caring, committed community that practices our tools is available to you. I am so grateful for their impact. Check out the calendar and take advantage of the opportunities to learn and heal that inspire you. Choose from Reiki I & II, Transformational Tuesdays, Meditations, Workshops etc. Also, be a part of the healing that we offer at the center. Do you have even one Wednesday or Thursday evening a month that you can come and put hands on, a morning to help with Reiki treatments or Outreach? You will make a difference.

In Love and Light
Cheryl Cowie

REIKI RETREATS WITH JOHN CRUNDALL

John is offering two retreats this coming Spring 2006, providing further opportunities to explore and further your spiritual development. If you are interested in attending, see registration forms in the office or on the website. Space is limited at both retreats.

Tasmania, April 1st - 8th, 2006
Australia

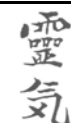
Land of Medicine April 12th - 15th, 2006
Buddha, California

Christmas Decorating Party

Start celebrating early
Sunday, November 27th 10:00 am



Come and help
decorate our Centre
for the holidays
(eggnog and
cookies provided)



Learn Reiki with John

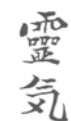
Classes in May - dates to be
published in next newsletter

REIKI I Fri evening 7:00 pm - 11:00 pm
\$175.00 Saturday 10:00 am - 6:00 pm
Sunday 12 noon - 6:00 pm

REIKI II Sun evening 7:00 pm - 11:00 pm
\$450.00 Mon evening 5:30 pm - Midnight
Tues. evening 5:30 pm - Midnight

Dates for classes in September 2006
to be published in next newsletter

Usui Reiki Centre at Reiki House



3 Oakhurst Drive
Willowdale, On M2K 2N2
Phone: (416) 218-0696
E-mail: usuireikicentre@sympatico.ca
Website: www.urct.org

Access the Centre calendar: at our website

POT LUCK CHRISTMAS PARTY



All are invited to attend the annual Christmas Party
at Reiki House.

Date: Sunday, December 4th
Time: 4:00 pm

Pot luck & BYOB - the Centre will provide hors
d'oeuvres, turkey and salmon

Bring a small present for the gift exchange
Sign-up sheet in office - limited seating

THE GARDEN CORNER



Kids Reiki Garden

*Sacred is Horses.
God,
Everything,
the Garden,
the children,
the wonder,*

Reiki is happiness.

Cassidy age 10

On the morning of July 1, 2005 (Canada Day), the Reiki Children, Sarah, Sammy and Cassidy, arrived for the first planting of the Children's Garden. Linda Ojala and the children lit the silver angel candle; this was followed by a peaceful meditation. Linda requested the children to think about the garden and about what Reiki means to them. Afterwards everyone present, including the adults, drew pictures of their meditation and on the back, special messages of love were composed for Denise.

The group then went to Sheridan Nurseries where the children chose three tall "Lilies" and various perennials/annuals to plant. Upon returning to Reiki House the planting was done and the special messages were placed in the soil with the flowers.

We all enjoyed a splendid luncheon prepared by Heather, (Sammy's mom)...afterwards we gathered in the 'Tuning Room' and sang the Rainbow Song...the children decided to sing this song to Denise out in the garden.

This day was truly amazing, the children have now created a space for themselves in the Garden....things just keep growing, growing, growing!

The Garden Committee wants to thank all the Garden Angel Volunteers for their dedication and contributions to the Garden.

Karen Cutler

VIAMEDE RETREAT

Well, I finally did it. After years of sitting on the fence I attended my first Viamede Retreat. All I can say is it was truly transformational. I had the good fortune of running my car into a Beech Tree on the first morning. I say good fortune because I believe this was a necessary part of my transformation. I was completely stripped of my ego and therefore had no obstructions to allowing in all that I was to experience. A truly open heart and mind was my "surrender" and this was all that was required for me to make a big leap on this wonderful soul journey.

To write all that I learned and felt would somehow diminish the experience. Each moment was to be lived to its fullest and absorbed into my soul. The ripples from this go on and on. I know that the Maralyn who commenced Viamede was left behind and a new and improved version came home.

The accommodations were comfortable, the food delicious and plentiful. "Fast Day" was a welcome relief. The nature surrounding the resort was inspiring and one of the beautiful gifts of the area. But most of all the community of fellow travelers filled my heart to overflowing.

Thank you Denise, John and Ellen.

Maralyn Strachan a.k.a. Metaphysics in Action

P.S. We laughed a lot too!



FULL MOON MEDITATION & KEYNOTES

Wednesday, November 16th - 6:45 pm
Scorpio Keynote:
Warrior I am and from
the battle, I emerge triumphant.

Friday, December 16th - 6:45 pm
Sagittarius Keynote:
I see the goal. I reach that
goal and then I see another.

Friday, January 13th - 6:45 pm
Capricorn Keynote:
Lost am I in Light Supernal, yet
on that Light I turn my back.

Please be prompt!!!

FULL MOON CHANTING

Wednesday, November 16th
6:00 pm

Friday, December 16th
6:00 pm

Friday, January 13th
6:00 pm

Facilitated by Kaiko Golwalla

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,	10:30 am to 3:00 pm (last appt - 2:00 pm)	by Appointment
Tuesday	5:45 pm	Yoga
	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.

Note: Centre closed from 17th December to 2nd January 2006.

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

**November 1st, December 6th,
January 3rd**

Facilitated by Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

**November 8th, December 13th,
January 10th**

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

**November 15th, January 17th
(Centre closed December 20th)**

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

**November 22nd, January 24th
(Centre closed December 27th)**

Facilitated by Shirley and Cheryl
(Reiki II required)

New Reiki Channels

We welcome new Reiki channels to our Reiki House Community Wednesday and Thursday evenings. At 7:00 pm, we will review hand positions before our regular community Reiki begins at 7:30 pm. If you need another opportunity to practice, please call Reiki House and we will make every effort to arrange a time for you.

REIKI CENTRE GENERAL MEETING

Sunday, January 29th 2006
At 2:00 pm

All are welcome

Kid's Reiki

Sunday, November 20th, noon - 2:00 pm (Reiki House)
Sunday, November 27th, noon - 5:00 pm (Dream Catcher Workshop)
Call Heather/Sammie at 905-831-0129 for registrations and details

Sunday, December 11th, field trip to be announced
Sunday, December 18th, noon - 2:00 pm (Reiki House)

Sunday, January 15th, noon - 2:00 pm (Reiki House)
Sunday, January 22nd, field trip to be announced

Facilitated by Linda Ojala



LABYRINTH WALK

**Saturday
December 17th - 1:00 to 3:00 pm**

Come walk the labyrinth during the powerful energy of the Winter Solstice.

The location is in the hall at Newtonbrook United Church (on Cummer Avenue just east of Yonge Street).

By donation to the Church



Facilitators Workshop

We are inviting everyone - all present facilitators and anyone interested in facilitating or anyone who wants to know how facilitating works at the Centre - to a Facilitators Workshop.

Date: Sunday, November 6th
Time: 2:00 pm

Please register with Ann Irving, Evening Team Facilitator, for this opportunity.

BAYVIEW EXTENDICARE

Exciting News! Diane Sweetzer, manager of Bayview Extendicare, has offered to go on-line and tell other Extendicare sites about the positive impact of Reiki in their residence. With this in mind, we are in the process of setting up Reiki in Extendicares in Scarborough and Mississauga. We need your help! Please contact Reiki House if you want to be a part of this.

It is a great pleasure to announce that Karen Cutler has agreed to be the team leader at Bayview Extendicare on Monday mornings. Thanks very much Karen.

Ann Irving
Outreach



The Bayview Extendicare Reiki Team

Living With Intention

A 4-hour workshop
with Kay and Richard

February (date to be announced)

Would you be interested?
Please register in office

COURSE IN MIRACLES DISCUSSION GROUP

Discover a Foundation for Inner
Peace and Universal Love

Please register at the Reiki House
office for the next session.
The first session begins Monday 7th
November.

Mondays 7:30 pm - 10:00 pm

By Donation

Facilitated by Stephen Foreman

YOGA

Tuesdays 5:45 pm - 7:15 pm

By Donation

Facilitated by Kay Gurbin

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.

Newsletter Submissions

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

Centre Snippets

Welcome neighbour!

The Healy family, Shirley, Chris and William, are moving to the apartments across the street from Reiki House. We look forward to seeing them more often around the Centre.

Congratulations to Vera. At the annual general meeting held on October 16th, Vera Gollwalla was voted in as the new co-chair and Kirsten Lamertz was acclaimed to sit as secretary for the next two years.,

Many thanks to Cheryl Cowie for co-chairing the URC for the past three years. Cheryl's impact and love of the Centre has been a great asset and service, in helping us all to come to a clearer understanding of how the Centre can run smoothly and gracefully. In gratitude, we thank you again Cheryl, for everything you do to make Reiki House welcoming to all.

Course in Miracles Workshop

Acknowledge, Release & Find Inner Peace

Join Stephen Foreman
for a Spiritual Intensive Weekend

Dates: December 9th, 10th & 11th

Email Stephen at s.4man@rogers.com for
details and registration

Usui Reiki Centre November 2005

MONTHLY HIGHLIGHTS

Facilitators Workshop November 6th
 Full Moon November 16th
 Christmas Party Decorating
 - November 27th



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga 5:45 pm 9-Step Practice 7:30 pm	2 Community Reiki 7:30 pm	3 Community Reiki 7:30 pm	4	5
6 Facilitators Workshop 2 pm	7 Course in Miracles 7:30 pm	8 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	9 Community Reiki 7:30 pm	10 Community Reiki 7:30 pm	11	12
13	14 Course in Miracles 7:30 pm	15 Yoga 5:45 pm Terrace Medita- tion 7:30 pm	○ 16 Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	17 Community Reiki 7:30 pm	18	19
20 Kids Reiki noon	21 Course in Miracles 7:30 pm	22 Yoga 5:45 pm Akashic Practice 7:30 pm	23 Community Reiki 7:30 pm	24 Community Reiki 7:30 pm	25	26
27 Christmas Party Decorating 10 am Kids Reiki Workshop noon	28 Course in Miracles 7:30 pm	29 Yoga 5:45 pm	30 Community Reiki 7:30 pm			

Usui Reiki Centre December 2005

MONTHLY HIGHLIGHTS

Centre Party Prep December 3rd
 Pot Luck Christmas Party December 4th
 Course in Miracles Workshop
 - December 9th, 10th & 11th
 Full Moon December 16th
 Labyrinth Walk December 17th



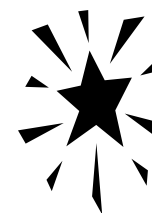
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Community Reiki 7:30 pm	2	3 Centre Party Prep 10 am
4 Pot Luck Christmas Party 4 pm	5 Course in Miracles 7:30 pm	6 Yoga 5:45 pm 9-Step Practice 7:30 pm	7 Community Reiki 7:30 pm	8 Community Reiki 7:30 pm	9 Course in Miracles Wkshop	10 Course in Miracles Wkshop
11 Course in Miracles Wkshop Kids Reiki Field Trip	12 Course in Miracles 7:30 pm	13 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	14 Community Reiki 7:30 pm	15 Community Reiki 7:30 pm	○ 16 Chanting 6 pm Full Moon 6:45 pm	17 Labyrinth Walk 1 pm
18 Kids Reiki noon	19 Centre Closed	20 Centre Closed	21 Centre Closed	22 Centre Closed	23 Centre Closed	24
25 Merry Christmas	26 Centre Closed	27 Centre Closed	28 Centre Closed	29 Centre Closed	30 Centre Closed	31

Usui Reiki Centre January 2006

MONTHLY HIGHLIGHTS

New Years Cleanup January 8th
 Full Moon January 13th
 General Meeting January 29th



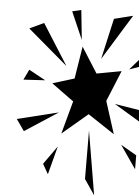
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year	2 Course in Miracles 7:30 pm	3 9-Step Practice 7:30 pm	4 Community Reiki 7:30 pm	5 Community Reiki 7:30 pm	6	7
8 New Years Centre Cleanup 10 am	9 Course in Miracles 7:30 pm	10 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	11 Community Reiki 7:30 pm	12 Community Reiki 7:30 pm	13 ○ Chanting 6 pm Full Moon 6:45 pm	14
15 Kids Reiki noon	16 Course in Miracles 7:30 pm	17 Yoga 5:45 pm Terrace Meditation 7:30 pm	18 Community Reiki 7:30 pm	19 Community Reiki 7:30 pm	20	21
22 Kids Reiki Field Trip	23 Course in Miracles 7:30 pm	24 Yoga 5:45 pm Akashic Practice 7:30 pm	25 Community Reiki 7:30 pm	26 Community Reiki 7:30 pm	27	28
29 General Meeting 2 pm	30 Course in Miracles 7:30 pm	31 Yoga 5:45 pm				

Usui Reiki Centre February 2006

MONTHLY HIGHLIGHTS

Living With Intention Workshop
 - February 12th
 Full Moon February 12th
 Kids Reiki February 26th



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 Community Reiki 7:30 pm	3	4
5	6	7 Yoga 5:45 pm 9-Step Practice 7:30 pm	8 Community Reiki 7:30 pm	9 Community Reiki 7:30 pm	10	11
12 Workshop 1 pm Chanting 5 pm Full Moon 5:45 pm	13 Course in Miracles 7:30 pm	14 Yoga 5:45 pm Silent Med 7 pm Reiki II practice 7:30 pm	15 Community Reiki 7:30 pm	16 Community Reiki 7:30 pm	17	18
19	20 Course in Miracles 7:30 pm	21 Yoga 5:45 pm Terrace Meditation 7:30 pm	22 Community Reiki 7:30 pm	23 Community Reiki 7:30 pm	24	25
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