



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

November December 2006 January 2007

Journey to the Centre

The journey to the centre - man's eternal spiritual quest - to find that quiet place of stillness within, where one can be in one's truth and commune with that divine part of oneself. Going beyond the outer personality, the masks and facades that one wears, and know thy true self.

This centre is traditionally denoted by the age-old symbol of a circle representing God or Eternity, with its central point representing the open eye of God, the soul becoming aware of the greater reality. In the fundamental symbolism depicting the development of human life, the plain circle is the unborn child and the circle with its centre is the seed of birth and development of inner life, the soul of immortal essence enfolded in the body of the circle.

Geometers see the universe as having been constructed with only straightedge and compass, and hold that the circle was the first act of creation by God. The ancient monument builders - architects, sculptors, painters and stone-workers - from the times of the Egyptian temples up until the great Gothic cathedrals, followed this thought and worked all their construction lines using circles, always constantly working from their own centre consciously, making their centre mark on their physical medium and drawing, as they built up the patterns and layouts for the components of

the temple. They worked upon forms imposed by cosmic, harmonic law, and the successful completion of a task ensured the enrichment of their own understanding in those aspects of specific wisdom of the temple. Their life's work was a continuous exercise in the development of individual consciousness, a ritual of spiritual evolution. This process infused their works with an inner spirit that, together with their geometry and geographical locations, gave these structures a great sense of consciousness and higher purpose which can still be sensed and appreciated by pilgrims centuries later. The study of sacred geometry today seeks to recreate and comprehend these traditional truths.

Therefore, a visit to a sacred site or temple can be a way of reconnecting with this energy and awakening the path within oneself. A symbolic journey to any centre, be it a cathedral, temple or the Red Centre of the Australian desert, can be an opportunity for one to step beyond the old beliefs and patterns, and reconnect with its instilled wisdom and spiritual consciousness.

Many other tools are used today to facilitate this inward journey. The quintessential symbol of the labyrinth has been called a metaphor for our spiritual journey. Following its meandering paths of life, we make our way symbolically to our own spiritual centre for peace and guidance. The various

practices of meditation seek to close down the external material world so we can connect with that quiet inner part of ourselves, our spiritual centre. Eventually, through this process of journeying, one slowly but steadily develops a greater sense of cosmic awareness, a gradual realization of the oneness of life and the interconnectedness of things.

For our Reiki community, the Reiki Centre offers a place of healing and friendship. Journeying together at our Centre offers opportunities to work with like-minded others on the spiritual path, for there is greater strength in numbers. Journey to your Centre, on all levels, volunteer, serve and become part of the Reiki team. Use the gift of Reiki, going beyond yourself, in service of others as part of the community, to benefit yourself and others.

In love and service
Brian Awde

Learn Reiki with John & Ellen

Classes in May

REIKI I	Fri May 4th	7:00 pm - 11:00 pm
	Sat May 5th	10:00 am - 6:00 pm
	Sun May 6th	12 noon - 6:00 pm
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REIKI II	Sun May 6th	7:00 pm - 11:00 pm
	Mon May 7th	5:30 pm - Midnight
	Tues May 8th	5:30 pm - Midnight
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Classes in September		
REIKI I	Fri Sept 21st	7:00 pm - 11:00 pm
	Sat Sept 22nd	10:00 am - 6:00 pm
	Sun Sept 23rd	12 noon - 6:00 pm
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REIKI II	Sun Sept 23rd	7:00 pm - 11:00 pm
	Mon Sept 24th	5:30 pm - Midnight
	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
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 10th
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

This year the garden definitely "burst into bloom". The garden fairies were very busy. All kinds of visitors came to the Buddha Garden, (ants, insects, sparkling butterflies, gifted song birds, squirrels, and yes, we even had a friendly racoon). Not to mention those delightful Reiki children and Reiki channels who came to enjoy this great space.

Now the wonderful earthy smell of Autumn is upon us and thanks to the rain clouds, the garden will be ready for its peaceful rest. The leaves will be raked, and the tool shed closed for business. The Garden Committee will have the wintertime to continue on with their plans for the gardens.

Many thanks to all the garden fairies who have made this all happen - Karen Cutler and the Garden Committee

REIKI RETREATS WITH JOHN CRUNDALL

John is offering two retreats this coming Spring 2007, providing opportunities to explore and further your spiritual development. If you are interested in attending, registration forms are in the office or on the website. Space is limited at both retreats.

Tasmania Australia	March 17h – 25th, 2007
Land of Medicine Buddha California	April 5th - 8th, 2007



LABYRINTH WALK

**Saturday December 16th
1:00 to 2:30 pm**

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

Reflections on Viamede 2006

Every year as Viamede draws near, I am excited by who will be drawn to be part of the journey. There are those who sign up well in advance, almost welcoming and inviting others, who seem to get the "call" to come at the last minute.

This year we had 36 aspirants retreat to the beauty of Viamede Resort. Joan, from Tasmania, flew in with her husband, Bruce, as a stop on their trip around the world. Ingrid, Steve, Joan, Lisa and Sharon were our California contingent. Germaine drove in from Quebec City and Michelle from Massachusetts. We were particularly thrilled to have Reverend Coral Prebble from St. James United Church, come with 5 of her new students, (over the course of the week, I came think of them as Coral's angels) to join our Toronto community.

With the backdrop of glacial rocks, dazzling lake views, spectacular sunrises and sunsets, we explored ways to enhance our positive impact on the world. As the trees exchanged their greenery for blazing foliage, we invited nature's transformation to inspire our own journey.

For me, this retreat was particularly magical. Time lost all meaning, as it stretched and contracted as was needed. It was easy to surrender the separated self to the group energy, as the frequency swirled higher and higher. And there was so much

joy as I let go of old habits and beliefs that no longer served and made new pathways towards greater freedom and service.

I feel truly blessed to have this yearly opportunity to be inspired by our spiritual community in retreat, guided by John and Ellen. And afterwards, I am able to return to the world a little clearer with my sense of purpose as to how I can serve.

Kay Gurbin

Listen to Your Heartbeat

Listen to your heartbeat,
Can you pray for peace,
Right here in the schools,
Not the Middle East.

Mommy fights with Daddy,
Billy fights with Ben,
Billy becomes a Daddy
and the cycle never ends.

Can you hear your heartbeat,
singing through your life,
Asking you to look inside
and put an end to strife.

Listen to your heartbeat,
What it wants to say
It's time for us to join together,
It's time for us to pray.

Listen to your heartbeat,
Don't go back to sleep,
It's you that makes the difference,
No more will children weep.

Can you feel your heartbeat,
Now the peace is real.
When you put your weapons down
Love is all you feel.

Kay Gurbin,
Viamede 2006

FULL MOON MEDITATION & KEYNOTES

Saturday, November 4th - 2:45 pm
Scorpio Keynote:
Warrior I am and from
the battle I emerge triumphant.

Monday, December 4th - 6:45 pm
Sagittarius Keynote:
I see the goal, I reach that
goal and then I see another.

Tuesday, January 2nd - 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

Saturday, November 4th
2:00 pm

Monday, December 4th
6:00 pm

Tuesday, January 2nd
6:00 pm

Facilitated by Kaiko Golwalla

Message from the Mountaintop

To be yourself is to be the Truth.



One encompasses the ring of truth when one is not afraid to explore the parameters of Beingness, without attachment to any concept or way of being. With the Truth unmistakably present, there is no need for words to identify it. It simply is. When you find yourself not identifying, you have touched it, or rather, rediscovered it. The "tools" are simply a pathway to it. It (AWARENESS) already exists within you. You can't make it happen, you can only find your way to it. Awaken to it - if you will. The very idea of it being something you can manufacture, is illusion.

You already are what you are becoming, a Light in the tunnel of darkness. You are both. Your "awareness" of your multi-faceted being is what allows the Truth to emerge. It doesn't grow; you just become aware of it - by becoming aware of what it is not. It is not what the mind identifies with, whether that be objects, persons or even beliefs. The Truth of who you are is beyond all that. It is not that those things don't have value and that your experiences in life do not teach you - they do. It is just that - that is not who you are.

The Oneness, the Awareness is the reality, which all life happens within. The identified I, me, mine are not the "I AM". They are the delusion of separation, the identification with form. As you see this aspect of you more clearly without attachment or judgment, you make room or open to another aspect of you. The I AM, the Formless, the Oneness, and the Essence of All Life.

Awareness of who you are be the greatest gift. The need to stand on the head of any other living form to "get"

somewhere or something falls away as you recognize and honor that WE ARE ONE and that we are in this together, with all life expressions.

"A new heaven" is the emergence of a transformed state of human consciousness, and "a new earth" is its reflection in the physical realm." Eckhart Tolle "A New Earth."

Time to give oneself permission to tap into and be inspired by, the "Awareness of Oneness" that lives within us all. Wake up to you!

In Love and Light
Cheryl Cowie

OPEN DOOR DAY CELEBRATES LIFE AT BAYVIEW EXTENDICARE

On Sunday, October 1, 2006, between 11:00 am to 4:00 pm, the City of Toronto held an "Open Door Day" at all Senior's Residences. This was an opportunity for the community to tour nursing homes and see the programs and care being offered to our seniors. Bayview Extendicare invited all of its volunteers and staff to participate in demonstrating the services they provide on a continuing basis.

That day Reiki House was represented by four of our channels - Kate Pavri, Margarita Cárcamo-Bruch, Kathryn Walmsley, and Karen Cutler. Both regular and new clients were able to experience the benefits of Reiki. One resident and her son received Reiki at the same time, and two staff members also took advantage of being given Reiki.

Our Centre is continuing to benefit from the "Open Door Day". We have had requests from family members of residents for information about Reiki and the Centre.

Thanks goes to Extendicare's Patricia Butcher, Resident Program Manager and Valerie Eales, Volunteer Services Manager - this event was indeed successful!

Karen Cutler - Outreach

REIKI CENTRE GENERAL MEETING

Sunday, January 28th 2007
at 2:00 pm

All are welcome

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 7th, December 5th,
January 2nd**

Facilitated by Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm

**November 14th, December 12th,
January 9th**

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

**November 21st, January 16th
(Centre closed December 19th)**

Facilitated by Darlene Awde

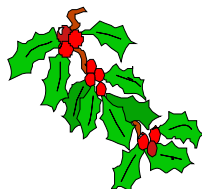
AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

**November 28nd, January 23th
(Centre closed December 26th)**

Facilitated by Shirley Healy
(Reiki II required)

Christmas Decorating Party



"Start celebrating early"

Sunday, November 26th 10:00 am

Come and help decorate our Centre
for the holidays

(refreshments provided)

Room For Rent

The Usui Reiki Centre is looking for a quiet person to rent a room in our lower level. It is a furnished bedroom with a shared kitchen, bath, and living room. Included in the rent is cable TV, air conditioning, laundry facilities and all utilities excluding telephone. It is available immediately. Rent is \$400,00 per month.

Please call (416) 218-0696

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 - 2:30 pm)	by Appointment
Tuesday	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 2006 to 1st January 2007.

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 and 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.

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.

Reiki Outreach

Monday mornings	Bayview Extencicare	9:30 -11:30 am
Monday afternoon	Carefree Lodge	1:00 - 2:30 pm
Tuesday afternoons	Wellesley Central Place 5:50 - 6:30 pm (by appointment)	1:00 - 3:00 pm
Wednesday mornings	Tendercare (Victoria Park & McNichol)	9:30 -11:30 am

Please call the Centre for more information. Volunteer opportunities.

Help Beautify our Centre for \$10 a Square Foot

You can be a part of installing a new kitchen floor at our Centre for only \$10 per square foot.

This idea was inspired by Ellen when we were on our retreat at Viamede, and within 30 seconds we had \$30.

Now we are going full steam ahead and hope to have the new floor for our Christmas celebration.

Please make donations by either sending a cheque to the Usui Reiki Centre at 3 Oakhurst Drive, North York, Ontario M2K 2N2, or place your donation in the envelope labeled 'kitchen floor' in the Centre.

Many thanks!

Centre Snippets

☺ At the Centre's yearly elections held at the General Meeting on 15th October, Darlene Awde was reelected as Chair and Brian Awde was reelected as Treasurer. Shirley Healy was elected as the new secretary. Kirsten Lamertz resigned her position as Secretary. We would like to thank Kirsten for all her efforts in maintaining the Centre's minute book and we wish her all the best.

New Outreach

We have been invited to Reiki in the near future at Extencicare located on Morningside Avenue in Scarborough. Anyone who has an hour or two of free time and can assist us there, please contact the Usui Reiki Centre Office (416-218-0696). The details are still being formulated. Help another! Help yourself!

COURSE IN MIRACLES DISCUSSION GROUP

Discover a Foundation for Inner Peace and Universal Love

Mondays 7:30 pm - 10:00 pm

By Donation

Facilitated by Stephen Foreman

Kids Reiki

First Sunday each month - 10:30 am to 12:30 pm
November 5th, December 3rd, January 7th

Did you know that you don't have to be a grown-up or even a teenager to be a Reiki Channel? If you are a 6 or a 12 year old, or anywhere in between, come join us for Kid's Reiki, as we have fun, learn, share and grow... and get ready for the next Kid's Reiki Class with John and Ellen in May 2007. For details, please contact the Centre.

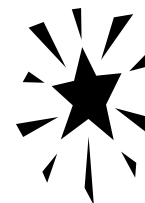
Facilitated by Vera Golwalla



Usui Reiki Centre November 2006

MONTHLY HIGHLIGHTS

Full Moon November 4th
 Kids Reiki November 5th
 Christmas Party Decorating
 - November 26th



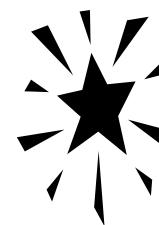
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Community Reiki 7:30 pm	2 Community Reiki 7:30 pm	3	4 ○ Chanting 2 pm Full Moon 2:45 pm
5 Kids Reiki 10:30 am	6 Course in Miracles 7:30 pm	7 9-Step Practice 7:30 pm	8 Community Reiki 7:30 pm	9 Community Reiki 7:30 pm	10	11
12	13 Course in Miracles 7:30 pm	14 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 Terrace Meditation 7:30 pm	22 Community Reiki 7:30 pm	23 Community Reiki 7:30 pm	24	25
26 Christmas Decorating Party 10 am	27 Course in Miracles 7:30 pm	28 Akashic Practice 7:30 pm	29 Community Reiki 7:30 pm	30 Community Reiki 7:30 pm		

Usui Reiki Centre December 2006

MONTHLY HIGHLIGHTS

Kids Reiki December 3rd
 Full Moon December 4th
 Centre Party Prep December 9th
 Pot Luck Christmas Party
 - December 10th
 Labyrinth Walk December 16th



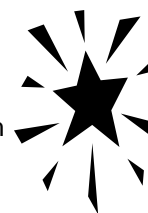
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Kids Reiki 10:30 am	4  Chanting 6 pm Full Moon 6:45 pm 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 Centre Party Prep 10 am
10  Pot Luck Christmas Party 4 pm	11 Course in Miracles 7:30 pm	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 Labyrinth Walk 1 pm
17	18 Centre Closed	19 Centre Closed	20 Centre Closed	21 Centre Closed	22 Centre Closed	23
24/31	25  Merry Christmas	26 Centre Closed	27 Centre Closed	28 Centre Closed	29 Centre Closed	30



Usui Reiki Centre January 2007

MONTHLY HIGHLIGHTS

Full Moon January 2nd
 Kids Reiki January 7th
 New Years Cleanup January 7th
 General Meeting January 28th



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

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



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

\$175.00 Friday May 4th 7:00 pm - 11:00 pm
 Saturday May 5th 10:00 am - 6:00 pm
 Sunday May 6th 12 Noon - 6:00 pm

+

Reiki Level II

\$450.00 Sunday May 6th 7:00 pm - 11:00 pm
 Monday May 7th 5:30 pm - Midnight*#
 Tuesday May 8th 5:30 pm - Midnight*

*Bring Pot-Luck Dinner to share. #Bring picture for healing
Finishing times are approximate

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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 and Thailand.

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.

Classes are held at:
The Usui Reiki Centre
Reiki House
3 Oakhurst Drive
Toronto M2K 2N2
Tel: (416) 218-0696
Fax: (416) 218-0612

Please no parking on the street. Parking is permitted at Bayview Cummer Mall.

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 \$75.00** ___ **Full Payment \$175.00**
Enroll Me For Reiki Level 11 ___ **Deposit \$150.00** ___ **Full Payment \$450.00**

Please make cheques payable to the E.J. Rose