



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

November December 2007 January 2008

“Love is Patient. Love is Kind.”
I Corinthians 13.4

I have just returned from our Reiki Viamede Retreat, with my eyes a little more open to who I am.

Prior to the retreat, the universe started to give me little messages. I would find myself singing the song, “slow down, you move too fast, you got to make the moment last”. I watched myself rushing through life, talking quickly, bumping into people and things. I understood the message but I didn't really feel it in my heart.

The retreat gave me the opportunity to see what “slowing down” really means. On the retreat, we have two days we call “dot” days. For two days, we practice service with one other person within the group consciousness.

My partner, a beautiful woman, walked at a speed about seventy-five percent slower than mine. I needed to be in constant awareness or I would physically leave her behind as I rushed forward. I soon realized her speed was the tempo of a walking meditation, and as I slowed down with her, I began being aware of my breath in every moment, the details of life became highlighted and fascinating. Time stood still and I could breathe with the trees as they changed into their fall garments of crimson and gold. I was given time to

feel my impact on those around me and myself.

When I am patient, I am kind. I listen with my heart, instead of my head, and know that it is not just **what** I do, but **how** I do it. Life becomes a graceful dance as I walk with my Higher Self, taking time to ask, “What is the very best thought, word, feeling or action I could have in this moment?” I take time to breathe and allow others time to breathe.

In each moment, I receive the inspiration to guide me to the next moment, and I become the peace that I have been seeking. I am love.

What I Can Do

There are problems down in Africa
Problems in Iraq,
The peace-keepers in Afghanistan
Are starting to fight back.

I asked my daughter what to do,
She said, “Look inside your heart.
Find the peace, the love, the joy,
That's the place to start.”

So, I looked at my own life,
My anger at my boss,
The promotion that I want so much,
What might be the cost?

Perhaps my boss is God
Saying there's another way,
Be at peace with who I AM

And still have time to play.
I stopped and felt the gratitude
For my life and all it's gifts
The joy in every breath
Where I can feel my bliss.

And a love that runs so deep
That it encompasses the whole
Perhaps this is what my daughter meant
...And now I have a goal.

Kay Gurbini

REIKI WORKSHOP

With John and Ellen

Join us for a weekend of spiritual
play and growth!

2nd to 4th May 2008

Reiki II required



Learn Reiki with John & Ellen New Date Classes in April

REIKI I \$175.00
Fri April 25th 7:00 pm - 11:00 pm
Sat April 26th 10:00 am - 6:00 pm
Sun April 27th 12 noon - 6:00 pm

REIKI II \$450.00
Sun April 27th 7:00 pm - 11:00 pm
Mon April 28th 5:30 pm - Midnight
Tues April 29th 5:30 pm - Midnight

Classes in September

REIKI I \$175.00
Fri Sept 19th 7:00 pm - 11:00 pm
Sat Sept 20th 10:00 am - 6:00 pm
Sun Sept 21st 12 noon - 6:00 pm

REIKI II \$450.00
Sun Sept 21st 7:00 pm - 11:00 pm
Mon Sept 22nd 5:30 pm - Midnight
Tues Sept 23rd 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,
Kris Kringle and Raffle at Reiki House.

Date: Sunday, December 9th 2007
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 by 6th December
- limited seating

THE GARDEN CORNER

To get to know Mother Nature, Mother Earth and Father God, you just need to sit. As Darlene put it, you just need to sit really quiet to hear something. You need to sit really still to see something.

When John and Ellen came in September, the birds were flocking together. Ellen was speaking to us and she stopped and asked us, "What was that noise?" I was sitting by the patio door and could hear the birds talking excitedly in their native language. They had come as a group from the south. Each flock had gone its own way to repair and build new nests. They had been busy laying eggs and teaching their children to fly, how to feed themselves, how to be safe in summer storms. What can be trusted and what is a danger? The young are so trusting - so many things to teach and learn. With their seasonal work finished, it was time to come together like an Indian pow wow - to rest, visit, enjoy each others company and catch up on the news. Afterwards, Brian and I were sitting outside on the stairs and we decided that the birds and the Reiki family were the same. John and Ellen come to see us. We gather from all over to see them. Excitement runs high, we talk to people we haven't seen for weeks and months, and sound exactly like the birds.

When you just sit, listen and let go of your ego, you will discover that the birds and animals of the city have the same emotions, worries, hopes and dreams as all of us. They behave the same as humans. Just sit in your own garden or the garden at the Reiki Centre, and they will accept you as a neighbour.

Marilyn Symes

REIKI RETREATS WITH JOHN & ELLEN

John & Ellen are offering two retreats this coming Spring 2008, 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. Register early as space is limited at both retreats. Reiki II is a prerequisite.

Diamond Island, Bicheno March 8th – 15th, 2008
Tasmania Australia

Land of Medicine Buddha April 11th - 15th, 2008
California

Viamede Retreat 2007

This was the year in my Reiki journey to experience Viamede! I went with a feeling of excitement as well as apprehension! On just the first day, I asked myself, "What more could I want! Here we are in this beautiful setting, enjoying wonderful food and sharing with light-spirited people." With that I relaxed, ready for the experience.

My adventure started Saturday hosting Tanya and Joan from California. That evening we spent getting to know them. Sunday we drove through the beautiful countryside, picnicked by the river in Lindsay, and then carried on to Viamede to meet our fellow travelers. That night, there was a celebration under the stars around a roaring fire with laughter, singing and, of course, marshmallows.

During the week I took part in yoga, meditation, daily practices and walks on the trails. On the fast day, a group of us visited the Adam and Eve

Rocks and experienced the energy of the ley lines. With each experience overlaying all the others, I felt transformed. I surrendered to the joy and love and felt truly blessed. As the leaves changed, so did I. It was magical! I found out I can have a dream and make it come true.

I came home more focused and excited about making a difference in my life and the lives of others. I continue to learn from this wonderful Reiki community and I now have my loving husband Bruce to share this journey with me.

My gratitude goes to Denise who was there at my beginning, and to John and Ellen who inspire and encourage me to self-realization.

Regina Henderson



Adam and Eve Rocks - Buckhorn



LABYRINTH WALK

Saturday December 22nd
12:00 noon to 1:00 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



FULL MOON MEDITATION & KEYNOTES

Thursday, November 22nd - 6:45 pm

Sagittarius Keynote:

I see the goal, I reach that goal and then I see another.

Saturday, December 22nd - 2:45 pm

Capricorn Keynote:

Lost am I in light supernal, yet on that light I turn my back.

Sunday, January 20th - 12:45 pm

Aquarius Keynote:

Water of life am I, poured forth for thirsty men.

Please be prompt!!!

FULL MOON CHANTING

Thursday, November 22nd
6:00 pm

Saturday, December 22nd
2:00 pm

Sunday, January 20th
12:00 noon

Facilitated by Kaiko Golwalla

Message from the Mountaintop



It be time to meet again, to be together again, to experience the knowing part of your being more fully in your daily living. For to be living from this part of Self, be what you came to do. To remember the Being beyond the senses, while experiencing the senses. For it is then, that you truly appreciate the Gift of this life, which you have given yourself and to put the suffering into perspective, as the poignant stretching of the Soul. To be so moved by this world, it spurs you into being/ becoming the best that you can be.

For the dreams you hold for your world, must first be expressed through you. We know, an old tune, but, you are finally hearing the beat within your own hearts. You are starting to recognize that that which you are living has purpose. It is NOT happening to you, you ARE the writer of your own play/work scenario. You bring forth that which you have need of, based on your present beliefs. Time to look again at what ye be creating and who is creating with you - every person in your life (good and bad as you perceive them to be.) They be the key to your freedom, for as you are able to see the role they came to play, so can you set yourself free. You brought them to you specifically, to grow from and sometimes with.

This be a time of seeing clearly what your beliefs are presenting to you and your world. Sometimes, it be easier to see your impact when it is outside of you, to get your message. We say, it be time to start listening more deeply within - so that what ye be manifesting be born of correct knowledge.

The time/space barrier between what you think and what you manifest be shrinking, so one needs to become conscious rather quickly. It is a new world we are embracing. Time has sped up. You have asked for greater consciousness than ever before imagined, and with it comes responsibility for what you do with it. Walking blindly no longer be an option, for you have opened your eyes and hearts and can, in truth, see your impact more and more clearly.

It be more important than ever to get "right" with the self, be gentle with the self, love the self - for as you do unto the self, be unto the self, so ye be and do unto others. For God's sake, forgive the self, and the scenarios you have created, and "them" - so we can ALL move forward, into the world our hearts are dreaming.

It be your responsibility to raise your frequency, to allow your wounds to heal. Find ways to do that, for example: prayer, meditation, community with like-minded people, service, solitude, spending time in nature-anything your Inner Being/Wise Mind directs you to do, to begin the process and support your awakening and growth. Find your way to the gentleness of Spirit, the allowing part of your Being, which lets you leave footprints of peace, as you move through your experiences. It's not so much about trying to change what life is bringing you, as it is about changing how you will respond. By trusting what tomorrow is bringing, you be in a place of willingness to receive the gift in it.

We be always willing to help you grow, we need only your allowing. Your willingness and desire to lift to the frequency of love that you are, be all that is required, for right action flows easily from here. It be a greater challenge for some than for others, and we be asking you to lead the way, light the path and hold the hand of another. The gentle allowing begins with you. One heart equals two hands willing to make a difference, and so on, and so on...

We be in your hearts - with quiet listening and allowing, the wisdom and healing can come forth. Blessings to you and yours.

In Love and Light,
Cheryl Cowie

Transformational Tuesdays Gateways to Personal Transformation

9-STEP PRACTICE

An elegant process of transforming our beliefs.

1st Tuesday each month - 7:30 pm
November 6th, December 4th, January 8th
Facilitated by Shirley Healy

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

2nd Tuesday each month - 7:30 pm
November 13th, December 11th, January 15th
Facilitated by Cheryl Cowie
(Reiki II required)

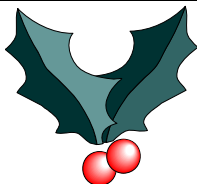
TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm
November 20th, January 22nd
(no Terrace Meditation in December)
Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm
November 27th, January 29th
(no Akashic Practice in December)
Facilitated by Shirley Healy
(Reiki II required)

Christmas Decorating



"Start celebrating early"
Sunday, November 25th 12:00 noon

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



Kids Reiki



See the website for dates and details.

Facilitated by Vera Golwalla

REIKI CENTRE GENERAL MEETING

Sunday, January 20th 2008
at 2:00 pm following Full Moon

All are welcome

Usui Reiki House Schedule

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

1st & 3rd Mondays	7:30 pm	Course in Miracles
Tuesday, Wednesday,	10:30 am to 3:00 pm	by Appointment (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.

Note : Centre closed 17th December 2007 to 5th January 2008, and reopens 6th January with the Centre's New Year cleanup.

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

☺ Thank you to all the angels who donated money for purchase of a square on our new kitchen floor. Denise always said "angels are found in the kitchen". Come and see "your" square, it's beautiful!!

CONGRATULATIONS:

☺ Keri Berthelot successfully completed the medical assistant's course and has already found a position in a medical office. Well done, Keri.

☺ Cheryl Cowie's daughter, Jessica, was married August 26th, 2007 to Adrian Marshall at a beautiful outdoor ceremony. We wish these two Reiki channels a glorious love/life match.

A COURSE IN MIRACLES

Mondays 7:30 pm - 9:30 pm

By Donation

Facilitated by Lilian Marton

REIKI OUTREACH

In essence, we are all instruments of Service, of Outreach, whether it is giving a smile, holding the door for someone else, truly listening to another without judgment and/or the need to advise, or giving a quick compliment.

Some of us volunteer to serve in a more formal way, on Committees, such as The United Way, The Cancer Society, Pollution Probe, Reiki Teams at the Reiki Centre and Reiki Teams at our Senior Locations.

Others are Living our Precepts of Reiki Love and Service in quieter, less public ways. All avenues are needed. One does not preclude the other.

Why engage in any of the above? Simply because we can.

We do what we can, because we can. The more fully aware we are of being a loving intent and bringing that intent to every word, thought and action, the

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 January 7th.
Please note articles are subject to editing due to space.

greater our conscious impact on Society, on Humanity.

This is our Service - to raise the level of Love in a Human/Divine connection. Wherever we are, and however we organize our days and lives, we are serving as Instruments of Outreach with every breath we take, with every interaction into which we step and engage.

Well, you may say I did this before I had Reiki. Great!! How much deeper the Connection as we LIVE our Reiki precepts minute by minute, in full awareness of our individual and collective impact on humanity.

Just for today, do not worry,
Just for today, do not anger,
Honour your parents, teachers, elders,
Earn your living honestly,
Show gratitude for every living thing.

Trust in Reiki LOVE and in a Pure Intent to elevate our lives and the lives of others every day, in everyway, thereby honouring our Interconnectedness.

So. it was with humility and gratitude to our Reiki family who over the years have built bridges of Service and Resonance for us to follow, that we accepted the "Volunteers of the Year" award from the Tendercare Nursing Home on Friday, October 27th 2007.

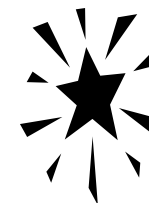
In a larger sense we all share in this award. Interconnectedness is blessed, isn't it! Thank you Usui, Hayashi and Takata.
Thank you Denise, John and Ellen.

Yours in Love and Light ,
Annie Irving
Outreach Co-ordinator

Usui Reiki Centre November 2007

MONTHLY HIGHLIGHTS

Full Moon November 22nd
 Christmas Party Decorating
 - November 25th

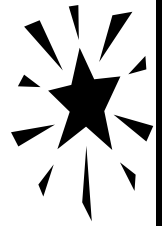


See Centre website at www.urct.org for calendar updates and changes.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Community Reiki 7:30 pm	2	3
4	5 Course in Miracles 7:30 pm	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 Course in Miracles 7:30 pm	20 Terrace Meditation 7:30 pm	21 Community Reiki 7:30 pm	22 Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	23	24
25 Christmas Decorating Party 12 noon	26	27 Akashic Practice 7:30 pm	28 Community Reiki 7:30 pm	29 Community Reiki 7:30 pm	30	

Usui Reiki Centre December 2007

Centre Party Prep December 8th
 Pot Luck Christmas Party
 - December 9th
 Labyrinth Walk December 22nd
 Full Moon December 22nd



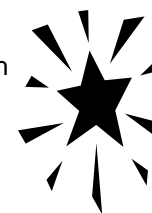
See Centre website at www.urct.org for calendar updates and changes.

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


Usui Reiki Centre January 2008

MONTHLY HIGHLIGHTS

New Years Cleanup January 6th
 Full Moon January 20th
 General Meeting January 20th



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>	2 Centre Closed	3 Centre Closed	4	5
6 HELP WANTED New Years Centre Cleanup 12 noon	7 Course in Miracles 7:30 pm	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 Community Reiki 7:30 pm	18	19
 20 Chanting 12 noon Full Moon 12:45 pm General Meeting 2 pm	21 Course in Miracles 7:30 pm	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		



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 April 25th 7:00 pm - 11:00 pm
Saturday April 26th 10:00 am - 6:00 pm
Sunday April 27th 12 Noon - 6:00 pm

Reiki Level II

\$450.00 Sunday April 27th 7:00 pm - 11:00 pm
Monday April 28th 5:30 pm - Midnight*#
Tuesday April 29th 5:30 pm - Midnight*

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

▽ cut here

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) 226-3266**

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 E.J. Rose