



LIGHT LINES

CELEBRATING UNIVERSAL LIFE ENERGY

November December 2009 January 2010

Finding the Centre

Another magical week retreat at Viamede is over and I am particularly excited at my new way of looking at the world.

I have had a wonderful, busy, hectic at times, life. The more I filled my life, the more satisfied I was. I believed that in the "doing" I was justifying my life and giving it meaning. Every accomplishment brought external gratification but there was always something missing. Often in the process of accomplishing I would push to get my desired result, I would feel anxious or perhaps nervous and then relief when the project was completed. And every day followed the same pattern of rushing, doing, anxious, excited, happy, sad, sometimes angry, sometimes bored.

Then I took Reiki and I had times when I just sat with my hands on the body of someone I didn't even know; sat still and quiet. In my mind I was still doing something even if I sat quietly, but there was a pause in my life. From the moment I took Reiki until now I have been building on 'the pause' and exploring where it could take me. And this has become my life adventure for the last 14 years.

The gift of this last retreat was that I felt I lived in 'the pause' for the week and I realized that I now have the desire to seek and sustain that way of being, every day of my life.

So what is 'the pause'. I believe athletes refer to it as the Zone, many others call it being centred. Eckhart Tolle refers to it as living in the Now. What I am thrilled about is that I have identified a feeling that I call bliss and I can now guide myself into this

space. What use to happen within me by accident can actually happen from my desire to be there and my own personal choices that I make in each moment. This takes practice, determination and awareness.

For me, it started with meditation as I watched what my mind wanted to think about: the trivial, the inconsequential, the fears and worries, the mind chatter of conversations I'd had or would like to have. And then I would remember to watch my breath and I would find a beautiful place of stillness beyond all my earthly illusions.

While practicing Yoga, I would hold a posture and the weight of my body would disappear and the posture would be held effortlessly by the energy.

Walking in the woods I would feel the energy of the trees, the moss and flowers and everything would go still inside me as I absorbed the sensation.

At Viamede, on retreat I was nurtured and nourished by the beauty of the environment. All my personal needs were met with delicious food and excellent accommodation. And I was with 30 amazing individuals all committed to supporting my journey as they took their own.

In this beautiful space I allowed myself to slow down to the point where each step caressed the earth. My busy life on hold, I had no worries, no fears. I took time to really experience

the food I was eating. I found the joy inside me that loves to sing, laugh and be spontaneous. I was given the time to be silent and to savour the silence.

And I fell in love with this person. This is the person that I want to offer to the world.

The week is over but my spiritual muscle is a little stronger. I am more aware of what pulls me off center, out of the now, out of the zone, and how uncomfortable that feels. And I can choose a new action, one that is uplifting, positive and loving. I know that if I lose my way I can find my way home by coming to our Usui Reiki Centre, reconnecting with the energy, the love and remembering the person that I want to offer to the world.

Many blessings on your journey to your centre.
Kay Gurbin

**REIKI CENTRE
GENERAL MEETING**
Sunday, November 29th 2009 at 2:00 pm
Following the Christmas
Decorating Party
All are welcome


**Learn Reiki
with John & Ellen**
Classes in May

REIKI I	Fri May 7th	7:00 pm - 11:00 pm
\$225.00	Sat May 8th	10:00 am - 6:00 pm
	Sun May 9th	12 noon - 6:00 pm
REIKI II	Sun May 9th	7:00 pm - 11:00 pm
\$525.00	Mon May 10th	5:30 pm - Midnight
	Tues May 11th	5:30 pm - Midnight

**September classes to be
announced in next newsletter**


**POT LUCK
Christmas Party**

All are invited to attend the annual Christmas Party, Kris Kringle and Raffle at Reiki House.
Sunday, 4:00 pm, December 13th 2009
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 10th December - limited seating.

Usui Reiki Centre at Reiki House


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

The summer breezes swept through quickly this year...just where did summer go? With the departure of August, the winds of Autumn swept through leaving behind a blaze of vivid ripe colours embodying the trees and bushes.

For those who attended Viamede this year; the beauty of Autumn was magnificent up on Stony Lake. As we enjoyed the teachings and workshops throughout the retreat; we were held in the arms of nature. Thanks to John and Ellen. They organized the busy schedule to allow us the time to explore all the 'Elements of Nature – air, water, earth and fire'. What a wonderful setting to get into a relaxed mode and enjoy the Spirit of the North.

While walking along the Deer Trail (looking of course for deer) it was an opportunity to take in the pungent aroma of the earth mixed with the leaves. An opportunity to be aware of the sound of leaves crunching underfoot. The dew from the morning formed a pattern of water droplets on the leaves, the sun shone onto the path and the silence was 'Golden'.

This year the colours at the Retreat filled up the camera space of the keen and not-so-keen photographers. But no matter how skilled the photographer was, there is nothing like actually being out in nature - viewing it with the naked eye.

Autumn is still here, so before the Autumn winds sweep through leaving the trees completely bare, be sure to take the time to be in Nature. Take a walk through your neighbourhood, visit the parks and ravines, or if you can manage a short trip out of the City – the rewards will be satisfying.

Have a Great Autumn – Enjoy Yourself.

The Garden Committee

A Special thank you to Keri Berthelot for the lovely Garden Baskets located on the front door steps and at the side of Reiki House. They really make a difference.

Also thanks to Dan Imre for cutting the lawns – it gives Reiki House a maintained look.

PS: Volunteers needed to help with raking leaves. Please contact Reiki House at (416) 218-0696.

Note: The full moon for Capricorn falls on 31st December 2009. We invite you to meditate privately for this event. See The Great Invocation on page 4 of the newsletter.

Viamede Reflections

For many people, Viamede is a resort on Stony Lake. For our Reiki Family, Viamede is a magical, mystical journey to commune with each other and find the peace within which we yearn for. Cozy accommodations provided us with the comfort we needed to rest and restore in conjunction with food that was better than ever. The serene beauty of Viamede was illustrated by a still lake at dawn with the haunting call of a lone loon.

The weather co-operated with us as usual. Sunny on our free days, cloudy and rainy on the days we needed to go deep inside ourselves. The most memorable part of Viamede however, is the abundance of love. Laughter and tears, work and play, John and Ellen guiding us on our spiritual journeys with the devotion they have always demonstrated.

I cannot write about a visit to Viamede without mentioning the abundance of wildlife. Visits from the deer and ducks, countless squirrels and chipmunks and a meeting with the cheeky mink living under Otonabee cottage. Some of us even had the rare privilege of seeing a black bear. All these elements made our retreat a beautiful journey that words cannot do justice to.

Come and join us next October for Viamede Retreat 2010. Reiki II is required but if you do not have this yet there will be an opportunity to deepen your Reiki experience with the classes in May 2010.

As the Centre continues to grow, I would like to say a big thank you to my Reiki Family for being part of my journey. I cannot imagine this path without you.

With much love and gratitude
Maralyn Strachan

Pot Luck Party & Fundraiser

All welcome!

Sunday, November 1st from 3 to 7 pm

Silent auction, raffles, gift baskets, 50/50 draw

We supply pasta and soft drinks. BYOB
Please bring salad or dessert.

Signup sheet in office.

FULL MOON MEDITATION & KEYNOTES

Monday, November 2nd - 6:45 pm

Scorpio Keynote:
Warrior I am and from the battle
I emerge triumphant.

Wednesday, December 2nd - 6:45 pm

Sagittarius Keynote:
I see the goal. I reach the goal
and then I see another.

Sunday, January 31st - 2:45 pm

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

Please be prompt!!!

FULL MOON CHANTING

Monday, November 2nd
6:00 pm

Wednesday, December 2nd
6:00 pm

Sunday, January 31st
2:00 pm

Facilitated by Kaiko Golwalla

Message from the Mountaintop

Life is flowing through you. It is not out there waiting to get to you. Feel it in your being as we speak. You don't have to go anywhere but within, to experience all that there is to know, dream, be. It really is within your Sacred Heart that you connect to the expression of Divine Power that you see manifest in your world. The glory of Creation can be felt right this second, within you. Close your eyes, breathe consciously and feel yourself open. You are like a flower to the sun, seeking and allowing it's warmth to expand the seed within you. There is no more beautiful landscape than that which is sitting within your own heart. The beauty you see out there, be but a reflection of thee at your utmost. The flip or dark side of that is a reflection of your fear, your lack of trust, your need to control.

This is time, more than ever, to choose to live in your beauty and your joy. To come back to the place in you that dreamed of Utopia, which saw the potential of what life on this planet, this pearl could be. We are remembering the sacred intent we came to experience, to manifest, to help bring about.

We are the peaceful warriors, the ones committed to hold the Light, to choose the Love, to address each other with compassion. We committed to hold it and be it, until every single soul that remained-awakened to it within them. The Light and Love that is always there, waiting to be stepped into, embodied and expressed.



You have a heart song that is beckoning you, that can be heard even in the midst of apparent chaos. We are all being offered a choice to reflect that song into our world, whatever the conditions we perceive. To be in service to humanity, to the Plan, hold your focus on your Light, Love and the Will to Good. The impulse this frequency creates will help you choose peaceful, loving solutions to the issues that living together create.

Your relationship to the Self, sets the tone for all of your interactions. Choose the highest, most loving vibration you can in this moment, towards the self and that will flow out into your world. You can't control the outcome but you do affect the vibration in any situation.

Allowing your heart to be held by God's hands (or whichever name you give that frequency), creates more available Light to hold all your scenarios within. Holding your mind with the hands of your heart, letting it rest in the love, is transformational on every level of the being. The alchemy that occurs within you and through you can be astounding.

Practice the art of gentleness to allow change and you could stop fighting the Love that you are. Change your inner dialogue and you will change your world. You feel the peace within you calling you forward, releasing those beliefs that don't honor your sacredness.

Each and every one of you is so sacred to us. Focus on that and we rejoice. Find your sacred path and you will see us there, celebrating and welcoming you home.

In blessings and light
Cheryl Cowie

Attention Reiki Family

If you couldn't attend our Annual Fund Raiser on Sunday, 1st November, or if you bid on a prize and didn't win, would you still consider a donation to the Centre? We would greatly appreciate your support. If everyone donated something, we would assure our continued success in providing an ongoing healing location.

Thank you in advance for your support.

Transformational Tuesdays Gateways to Personal Transformation

REIKI II PRACTICE

With optional Silent Meditation
7:00 pm

**2nd Tuesday each month - 7:30 pm
November 10th, December 8th,
January 12th**

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

**November 17th, December 15th,
January 19th**

Facilitated by Darlene Awde

AKASHIC PRACTICE

**4th Tuesday each month - 7:30 pm
November 24th, January 26th**

(No Akashic Practice in December)

Facilitated by Cheryl Cowie
(Reiki II required)

REIKI RETREATS WITH JOHN & ELLEN

John & Ellen are offering two retreats this coming Spring 2010, 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, Tasmania,
Australia

March 13th
to 20th, 2010

Land of Medicine Buddha,
Soquel,
California

April 8th
to 12th, 2010

Christmas Decorating Party



"Start celebrating early"

Sunday, November 29th 10:00 am

Come and help decorate our Centre
for the holidays

(refreshments provided)



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.

Notes: Centre closed 17th December 2009 to 4th January 2010.
The Centre's New Year cleanup is on 10th January.

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

- ☺ John Crundall spent a week after Viamede here in Toronto enjoying our beautiful autumn. He was kept busy with helping out giving Reiki's at the Centre on community nights. He also hosted a Friday night gathering. He filled us in on how to be more aware of our thoughts. Positive thoughts and emotions keep us in the flow or "down stream". Negative thoughts take us upstream, against the flow. At the Viamede retreat, we wore a wristband and changed wrists every time we went upstream with negative thoughts, thus being more aware to choose better thoughts. The evening ended with a lovely meditation to keep the frequency of the retreat going a little longer.

Centre New Year's Clean-up

Come help us put away the Christmas decorations and prepare the Centre for the New Year!

January 10th at 11 am



Kids Reiki Class in May 2010 *Canada*



We are very interested in forming a Kids Reiki class in May 2010 while John and Ellen are here. This is an amazing opportunity for your child to embrace the gift of Reiki that will impact their entire life. Children must be 6 or older. If you are interested in your child attending a Kids Reiki Class, please contact the Centre.

REIKI DAY

A full day of Reiki for Reiki Channels

Saturday 21st November 2009
10 am - 4 pm

Open to Reiki I and Reiki II
(must commit to full day)

By donation - sign up in office

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

THE GREAT INVOCATION

(Visualize the outpouring of Light and Love and Power from the spiritual Hierarchy irradiating the consciousness of the whole human race)

From the point of Light within the Mind of God
 Let light stream forth into the minds of men.
 Let Light descend on Earth.

From the point of Love within the Heart of God
 Let love stream forth into the hearts of men.
 May Christ return to Earth.

From the centre where the Will of God is known
 Let purpose guide the little wills of men
 The purpose which the Masters know and serve.

From the centre which we call the race of men
 Let the Plan of Love and Light work out
 And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

LABYRINTH

Saturday December 19th
12:00 noon to 2:00 pm

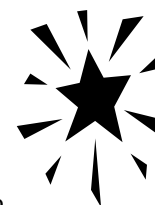


The location is in the basement hall at Newtonbrook United Church (on Cummer Avenue just east of Yonge Street). By donation to the Church.

Usui Reiki Centre November 2009

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

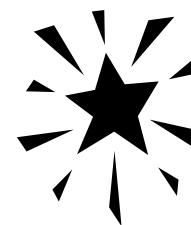
Monthly Highlights
 Pot Luck Party & Fundraiser
 - November 1st
 Full Moon November 2nd
 Reiki Day November 21st
 Christmas Decorating Party &
 General Meeting November 29th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Pot Luck Party & Fundraiser 3 pm	○ 2 Chanting 6 pm Full Moon 6:45 pm	3	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 Community Reiki 7:30 pm	19 Community Reiki 7:30 pm	20	21 Reiki Day 10 am - 4 pm
22	23	24 Akashic Practice 7:30 pm	25 Community Reiki 7:30 pm	26 Community Reiki 7:30 pm	27	28
29 Christmas Decorating 10 am General Meeting 2 pm	30					

Usui Reiki Centre December 2009

Full Moon December 2nd
 Pot Luck Christmas Party
 - December 13th
 Labyrinth Walk December 19th



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

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


Usui Reiki Centre January 2010

Monthly Highlights

New Years Cleanup January 10th
Full Moon January 31st



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 1 Happy New Year	2
3	4	5 CENTRE OPENS	6 Community Reiki 7:30 pm	7 Community Reiki 7:30 pm	8	9
10 Centre's New Year Cleanup 11 am	11	12 Reiki II Practice 7:30 pm	13 Community Reiki 7:30 pm	14 Community Reiki 7:30 pm	15	16
7	18	19 Terrace Meditation 7:30 pm	20 Community Reiki 7:30 pm	21 Community Reiki 7:30 pm	22	23
24 ○ 31 Chanting 2 pm Full Moon 2:45 pm	25	26 Akashic Practice 7:30 pm	27 Community Reiki 7:30 pm	28 Community Reiki 7:30 pm	29	30



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 7th 7:00 pm-11:00 pm
Saturday May 8th 10:00 am-6:00 pm
Sunday May 9th 12 Noon-6:00 pm

Reiki Level II

\$525.00 Sunday May 9th 7:00 pm-11:00 pm
Monday May 10th 5:30 pm-Midnight*#
Tuesday May 11th 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**

n

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.**