



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

August September October 2011

THE NATURE OF BEAUTY

I have all my life been fascinated with the concept of beauty. What makes something beautiful, and why? If beauty is indeed in the eye of the beholder as the old saying goes, then it must be something that sparks our own individual inner perception, something that awakens and enlivens a sense of joy and wonder within.

People have often written of beauty as an expression of the divine. Ralph Waldo Emerson said, "Never lose an opportunity of seeing anything that is beautiful, for beauty is God's handwriting – a wayside sacrament." Even the Greek philosopher, Aristotle, called beauty "the Gift of God". St. Aurelius Augustine, one of the greatest of the Church fathers, in saying that love is the beauty of the soul, recognized the cosmic nature of beauty.

In spiritual practice, one of the surest ways to touch the divine is to truly experience the beauty in nature. As Gandhi noted, "When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the creator". Guatana Buddha said, "Love is beauty, and beauty is truth, and that is why in the beauty of a flower we can see the truths of the universe."

As noted in the above quotation from Buddha, beauty has always been associated with the concept of truth, another very abstract term, yet perhaps one that is key to understanding the attraction of beauty. Truth and beauty have always been spoken of as being two sides of the same spiritual coin called love. Perhaps the physical comprehension of something we

perceive as beautiful touches a deeper part of ourselves and we experience a glimmer of a universal truth, an intuitive knowing on some level of our eternal connection to the Creator. John Keats finished his poem, Ode On A Grecian Urn, with the lines:

"Beauty is truth, truth beauty
that's all ye know on Earth,
and all ye need to know".

Yet, I wondered, why does nature itself bring forth memories of something that expresses a deeper part of ourselves? What is it in the beauty of nature that evokes the sense of an untouched realm beyond the physical, that we are part of something far greater, that we are in fact part of the divine plan?

Ancient societies perceived nature as a direct work of God, and recognized in its myriad of appearances certain specific ratios which they encoded into their monuments and temples, in an effort to bring the macrocosm into the microcosm. This art of sacred geometry echoed the geometries of nature and planetary movements. By utilizing these ratios in their sacred spaces, they helped to align the resonance of its participants with the universal frequencies, thereby maximizing the possibilities of their connection to the One. These simple proportions, integrated into all ancient structures for this purpose, were all based on their observations of the growth and formations in nature. One of America's most famous architects, Frank Lloyd Wright, said, "Nature is my manifestation of God. I go to nature every day for inspiration in

the day's work. I follow in building the principles which nature has used in its domain".

Vincent Van Gogh reflected, "If you truly love Nature, you will find Beauty everywhere". Take the time to walk in the forest, or garden, and allow yourself to experience the essence of a tree, the exquisite structure of a flower, the playful dance of the sunlight and wind in the leaves, the magical sparkle of flowing water. Be touched, be inspired, and experience the beauty that nature offers to you. To see that beauty in all things is to see the divine also. Kahlil Gibran said in his book, The Poet,

"Beauty is eternity gazing at itself in a mirror.
But you are eternity and you are the mirror."

Perhaps, in that moment of beauty, we realize our own divinity, we remember. The Navaho blessing, "May you walk in Beauty", is a reminder to always embrace and live in our own unique expression of the divine spark within, to consciously be the beauty that we truly are.

In Love, Light and Service
Brian



Learn Reiki with John & Ellen

Classes in September

REIKI I \$225.00
Fri Sept 23rd 7:00 pm - 11:00 pm
Sat Sept 24th 10:00 am - 6:00 pm
Sun Sept 25th 12 noon - 6:00 pm

REIKI II \$525.00
Sun Sept 25th 7:00 pm - 11:00 pm
Mon Sept 26th 5:30 pm - Midnight
Tues Sept 27th 5:30 pm - Midnight

Classes in Spring

Dates for Spring 2012 classes
to be published in the next newsletter.

Viamede Retreat with John Crundall and Ellen Rose

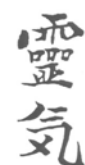


Opportunity to further explore your spiritual path. (must have taken Reiki II with Denise or John Crundall or have sat in on both their Reiki I and Reiki II classes)

Viamede Resort - Peterborough, Canada
Sunday, October 2nd - Sunday, October 9th, 2011

Book your Retreat time now! \$1050.00 includes course fee, all meals and shared accommodations. \$380 deposit by September 1st. Balance due upon check-in.

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

Find us on facebook - Usui Reiki Centre Toronto

Access the Centre calendar at our website

THE GARDEN CORNER

“Each flower is a sole blossoming out to Nature”
by Gerard De Nerval

Well, summertime has actually arrived and the gardens are certainly in full bloom. Many of you will be taking time off from work, or may be enjoying retirement and will be taking trips to cottages, the country and places all around Ontario, or even exploring further destinations.

The beautiful thing about nature is that it always travels with us. Along the highways, dusty country roads, along rivers, lakes and streams and within Cities there is also an amazing variety of wild flowers located in ravines, parks and open spaces.

Some people feel that wild flowers are actually weeds; but the wild flowers actually are just another form of nature’s beauty. Beauty of course is in the eye of the beholder.

In Ontario there are more than 2,700 flowering plants, including woody trees and shrubs that grow uncultivated across Ontario. There are approximately 550 common wildflower species in Ontario. Approximately two-thirds of Ontario’s flowering species are native and arrived between approximately 14,000 (after the Laurentide ice sheet melted) and

7,000 years ago (after the last glaciers retreated towards the north).

The remainder of Ontario’s flowering plants were introduced intentionally via European settler introduction, or accidentally via imported dirt, or long distance forms of transportation such as trains and ships.



The garden at Reiki House

Where each species of wildflower grows is dependent on temperature, precipitation, soil, topography and geology. In Ontario, wildflowers grow in all habitats, from ponds to wetlands to alvars and rock barrens.

So when you are taking your next trip this summer be sure to “Walk on the Wild Side” and really enjoy the wild flowers that dot the landscape. A great way to learn about the various species of wildflowers is to check out the website w.w.w.wildflowersofontario.ca. This is a great way to identify the flowers and plants that you discover on your nature journey. Wildflowers are definitely another part of the garden and the wonderful thing is that the gardening maintenance is free.

The Garden Committee wishes everyone an amazing summer and sends special thanks to the Angel Volunteers. A special thank you to Keri Berthelot for her care of the garden during the summer months. Keri has been working on a project of renewing and reseeding the lawns and the new growth is amazing.

In Light & Love
The Garden Committee
Brian – Marilyn - Karen



The garden at Reiki House

REIKI RETREATS WITH JOHN & ELLEN

John & Ellen are offering three retreats this coming year, 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 all retreats. Reiki II is a prerequisite.

Viamede, Stoney Lake Peterborough, Ontario	October 2nd to 9th, 2011
Diamond Island, Bicheno, Tasmania, Australia	March 12th to 24th, 2012
Land of Medicine Buddha, Soquel, California	April 5th to 9th, 2012



FULL MOON MEDITATION & KEYNOTES

Wednesday, August 13th
Leo Keynote:
I am That and That I am.
No Meditation in August

Monday, September 12th - 6:45 pm
Virgo Keynote:
I am the mother and the child.
I, God, I, matter am.

Tuesday, October 11th - 6:45 pm
Libra Keynote:
I choose the way which leads
between the two great lines of force.

Please be prompt!!!

FULL MOON CHANTING

No chanting in August

Monday, September 12th
6:00 pm

Tuesday, October 11th
6:00 pm

Facilitated by Kaiko Golwalla

Message from the Mountaintop



And so we begin again to create, to build, to nurture a dream, a collective vision of a world where no-one goes hungry or their needs unnoticed. Make a difference to the ones you notice in your life. Give them a smile, a hand to hold, a donation if you are inspired. See the humanity in their eyes instead of judging them as ne'er-do-wells. Just opening your heart to them can change the vibration they are walking around in.

Life is so precious-too precious to miss or to waste. When we each endeavor to produce a joyful spark in all that we think, say and do, we tap into a resource of scope and power-beyond which we can imagine. When you enjoy radiating loving light, creating a healing space, meditating on peace, compassion, unconditional love, please know it is an act of world service.

We belong to a group of souls committed to the service of "Love In Action" for the purpose of healing. What a privilege and a blessing. We are blessed to have a healing centre which we can visit and receive healing, inspiration and support, whenever we feel out of alignment with our Source. We say to you, go also when you feel completely in alignment with Source and offer that vibration to others.

With mindfulness, let Source lift you and flow through you to whatever and whomever you come in contact with, this day. Go a step further and take a moment to send this love and compassion to wherever it is needed on this planet. You can and do make a difference. Focus your love on this beautiful Mother Earth itself and all her creations and know it is received with gratitude and blessings are sent back to you in recognition for your service. Using your gifts in the simplest and most humble way, eg. heartfelt prayer, does affect the vibrational whole.

We humans are a completely interactive community within the Universe and all that we think and do contributes to our "reality". We can deliberately look along a new pathway of possibility and we will be supported. Any excuses we give for not changing are simply choices we have embraced and are

adhered to. No judgement, just awareness that we have chosen this path and we could change if we choose to. We take an honest look at the atmosphere we are creating to live within.

We offer so much love and opportunity to this plane, to help you see and learn to master your manifestation. Stop beating yourself and others up and stop dragging around what didn't work out well, in the stretching of your being. The intent was never to punish the self along the way, it was to continuously expand our awareness of what works and what doesn't.

Elasticity, freedom comes from allowing the expansion and contraction of experience to inform you. Seeing your impact helps you fine-tune your creating. Change gets the creative juices flowing, which brings you more options to begin a new dream. It helps you discover evermore gifts and latent talents. When you see yourself as a multi-dimensional creator with access to an unlimited Source of Creation, you will see there is no ceiling on what you can discover to delight and inspire you.

Your journey has far reaching impact, beyond this physical expression of your life force. Keep that in mind as you make your choices. We are available to help you choose empowering thoughts and actions. Look into another's eyes and see the reflection of God they are, and as you are. Let the love in your heart be the guide you follow and let it reach out to touch their heart-sending a blessing and in turn filling you with kindness and joy. A very simple and yet profound interaction! Feel the blessings continuously being sent to your heart and simply-give thanks.

In Love and Gratitude
Cheryl Cowie

VOLUNTEERS WANTED

We need volunteers and facilitators
- can you help out with day
or evening Reiki?

Tuesday days
10:30 to 1:30

Wednesday evenings
from 7:30

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

Thanks Darlene

Transformational Tuesdays Gateways to Personal Transformation

REIKI II PRACTICE

2nd Tuesday each month - 7:30 pm
September 13th, October 11th
(no Reiki II Practice in August)

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm
September 20th and October 18th
(no Terrace Meditation in August)

Facilitated by Darlene Awde

Centre Clean-up

Saturday, September 18th
at 11 am

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



REIKI DAYS

A full day of
Reiki for
Reiki Channels

Saturday 29th October 2011
(no Reiki Days in August
or September)

9:30 am coffee
Prompt start 10 am - 5 pm

Open to Reiki I and Reiki II

Must commit to full day
Bring your own lunch

By donation - sign up in office

NEW Usui Reiki House Schedule

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

Tuesday	10:30 am to 1:30 pm	by Appointment (last appt - 12:45 pm)
Thursday	12:45 pm to 3:30 pm	
Tuesday	7:30 pm	Transformational Tuesdays
Wednesday	7:30 pm	Community Reiki

We will try to accommodate other requests for Reiki treatments. Please call.
For Absent Healings, must have client's permission and photo with their name.
Please include a self-addressed, stamped envelope and your donation.

Centre Snippets

☺ The Centre's annual BBQ and Silent Auction was held on Sunday June 26th. The auction and 50/50 draw were lots of fun and there was much excitement in finding out who had the highest bids. There were many great gifts to choose from - two cases of wine, pictures, gift baskets, books, lamps, a beautiful leather purse from Italy and other useful items for the home. The Centre provided the hamburgers and hot dogs. They were enjoyed on the patio on a sunny afternoon, cooked by our own three amazing chefs - Brian, Kaiku and Jim. Thank you, thank you, for all the wonderful donations and the generosity given by the volunteers to keep supporting Reiki House.

☺ The Terrace and Temple Meditation volunteers workshop was held on the weekend of May 20th. During the weekend we meditated on each of the terraces, allowing us to integrate the teachings and commitments, and to understand how they resonated with us. Then we expressed these feelings on paper using our creativity to illustrate how each terrace would manifest itself to us. This was lots of fun and the amazing drawings that we shared with each other were astounding. They were hung up on the wall for everyone to see the perceptions and inspirations of meditation. On the Saturday evening the Reiki House hosted a Thai dinner for everyone.

☺ Congratulations to the Melbourne Usui Reiki Centre who will be celebrating their 20th anniversary October 29th. This auspicious date in 1981 was the official opening of the Centre with Paul Solomon and Denise Crundall.

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

VIAMEDE RETREAT 2011

A Retreat with John Crundall and Ellen Rose

**"For last year's words belong to last year's language.
And next year's words await another year.
And to make an end is to make a beginning."**

TS Elliot

After 15 years of holding our annual retreat at Viamede we begin anew this year. Viamede Resort has a new young owner who is looking forward to upgrading this grand lady of Stoney Lake into a world class resort.

All is shifting and changing quickly in our world. A retreat offers the time to pause, focus, and take steps to implement improvements in our life, knowing what we don't want and what we do want. One of the prime benefits of a retreat is that we come back to our everyday world renewed and ready to begin again.

This is a wonderful opportunity to further your spiritual growth, to stop and pause in the silence and stillness surrounded by nature and the waters of Stoney Lake.

Are you ready to embrace change, to expand to look at your world through "new eyes"?

If you would like to join us this year at Viamede, see the attached registration form. Deposits due September 1, 2011. Space is limited.

This week-long retreat runs from Sunday October 2 to Sunday October 9, 2011, and is open to anyone who has taken Reiki II with Denise or John Crundall.

PLEASE NOTE: Cheques to the centre must be made payable to USUI REIKI CENTRE TORONTO. The bank insists that TORONTO be on them or they will not accept them. Thank you.

REIKI CENTRE GENERAL MEETING

Sunday, November 13th 2011
at 2:00 pm

All are welcome

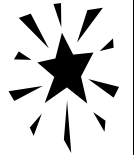
Usui Reiki Centre Closed August 2011

Usui Reiki Centre September 2011

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

Monthly Highlights

Full Moon Sept 12th
Centre Clean-up Sept 18th
Reiki I Classes Sept 23th - 25th
Reiki II Classes Sept 25th - 27th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labour Day	6 CENTRE RE-OPENS	7 Community Reiki 7:30 pm	8	9	10
11	12 ○ Chanting 6 pm Full Moon 6:45 pm	13 Reiki II Practice 7:30 pm	14 Community Reiki 7:30 pm	15	16	17
18 Centre Clean-up 11 am	19	20 Terrace Meditation 7:30 pm	21 Community Reiki 7:30 pm	22	23 Reiki I Class 7 pm - 11 pm	24 Reiki I Class 10 am - 6 pm
25 Reiki I Class 12-6 pm Reiki II Class 7-11 pm	26 Reiki II Class 5:30 pm - midnight	27 Reiki II Class 5:30 pm - midnight	28 No Community Reiki	29	30	

Usui Reiki Centre October 2011

<p>Monthly Highlights Viamede Retreat Oct 2th - Oct 9th Full Moon October 11th Reiki Day October 29th</p> 

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Viamede Retreat	3 Viamede Retreat	4 Viamede Retreat	5 Viamede Retreat No Community Reiki	6 Viamede Retreat	7 Viamede Retreat	1 8 Viamede Retreat
9 Viamede Retreat	10 Thanksgiving Centre Closed	11 Chanting 6 pm Full Moon 6:45 pm Reiki II practice 7:30 pm	12 Community Reiki 7:30 pm	13	14	15
16	17	18 Terrace Meditation 7:30 pm	19 Community Reiki 7:30 pm	20	21	22
23	24	25	26 Community Reiki 7:30 pm	27	28	29 Reiki Day 10 am - 5 pm
30	31					



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 Sept 23rd 7:00 pm-11:00 pm
Saturday Sept 24th 10:00 am-6:00 pm
Sunday Sept 25th 12 Noon-6:00 pm

Reiki Level II

\$525.00 Sunday Sept 25th 7:00 pm-11:00 pm
Monday Sept 26th 5:30 pm-Midnight*#
Tuesday Sept 27th 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**

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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.**

VIAMEDE RETREAT WITH JOHN CRUNDALL & ELLEN ROSE

WHEN: Sunday, October 2nd to Sunday, October 9th, 2011.
Check-in time 3 pm - Gathering 6 pm.

WHERE: Viamede Resort, Peterborough, Canada
(www.viamede.com)

COST: \$1050.00 CDN includes course fee,
all meals and shared accommodation

REGISTRATION: **A deposit of \$380.00 CDN cash or cheque
made to E.J. Rose due with registration**
(non-refundable after September 1st)

Balance of \$670 payable to Viamede Resort at check-in on October 3rd
(NOTE: cash, cheque, Visa, Mastercard or AMX accepted)

PREREQUITES: Reiki II is a prerequisite. Participants must have taken Reiki II
with Denise or John Crundall, or have Reiki II and have sat in on
both their Reiki I and Reiki II classes.
Space is limited.



REGISTRATION

Name _____ Phone _____

E-mail _____

Address _____

Special diet restriction _____

Note: Vegetarians will be catered for all meals.

Out of town Arrivals: Arrival date and time _____

Airline and flight number _____

Departure date and time _____

Send registration to: Usui Reiki Centre Toronto
3 Oakhurst Drive
North York, Ontario
Canada M2K 2N2
Tel: (416) 218-0696
Fax: (416) 226-3266