



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

February March April 2011

2011 HAPPY NEW YEAR!

Once each year we have the opportunity to stand at the doorway, look back at the old year and forward to the beginning of the rest of our lives.

A quick glance over our shoulder at the past, and, that's it! That's all you get!! Look out through the doorway and everything you could possibly want, dream or imagine is right there in front of you – just at your finger tips... Now is the first step towards forever, so many choices, so many possibilities and so many distractions, where to begin?

Stop, push the pause button. Sit down, a cup of tea, coffee, glass of wine or a beer... Celebrate your journey to this moment. Christmas is not over. It is the birth of a new part of you. Celebrate your life, your new life with its ups and downs, its fears and joys. You are one of the lucky ones, you have a community, you are not alone, and you have skills, tools and knowledge, Celebrate!

In that pause, maybe a moment a day, a week, or a month, ask your self one question, "Why did I come?" Write it down and ponder on this. Find a quiet place, meditate, a Reiki 2 or perhaps a walk in nature. Why did I come? Am I doing it? AND is it fun? If the answer is yes, continue the celebrations. If the answer is no "I am not having fun", "this is hard work" etc., then you know what you have to do... Get back into alignment with your Source, your Love, your Passion. How you do that is what your training has been all about. Where do you find that moment

of peace/beauty/love that we call SOURCE? Get yourself back to a Reiki Class or to a Retreat. Join in once again.

Begin this year with a simple commitment to follow your heart (not your monkey mind) Commit to the love, the path of grace: To the ever present call of your Soul residing at the Top of the mountain that is the Silence found only in the space between Heaven and Earth; where you Stop "doing things" and take the journey of the Masters and the Prophets.

Approach this New Year with the Joy of Celebration ringing in your ears, with new resolve and new commitment. Lazaris has called this the Year of Hope. It is the year to go beyond our fears and the consensus reality. It's a year of exciting new beginnings and the conception of new ideas and initiatives. Be aware of your impatience and hasten slowly!

Awaken each morning with anticipation and expectation offering gratitude...

"This is the day the Lord hath made, I will rejoice and be glad in it" Thank you Paul Solomon.

Time to remember your Dream and your dreams and most of all have fun. We look forward to catching up with you on the journey... and sharing the fun!

Seasons greetings in Love and Gratitude.

John and Ellen

VOLUNTEERS' WORKSHOP

Terrace and Temple Meditation Weekend

With John & Ellen

Join us for a weekend of powerful spiritual growth!

Friday 20th May to Sunday 22nd May 2011

All are welcome!

By donation

Please register in the office.



Learn Reiki with John & Ellen

Classes in May

REIKI I \$225.00
Fri May 13th 7:00 pm - 11:00 pm
Sat May 14th 10:00 am - 6:00 pm
Sun May 15th 12 noon - 6:00 pm

REIKI II \$525.00
Sun May 15th 7:00 pm - 11:00 pm
Mon May 16th 5:30 pm - Midnight
Tues May 17th 5:30 pm - Midnight

Classes in September

REIKI I \$225.00
Fri Sept 23th 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

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



Summer BBQ & Fundraiser

Family fun—all welcomed!

Saturday, June 18th from 3 to 7 pm

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

We supply meat/fish & veggie burgers, hotdogs and soft drinks. BYOB Please bring salad or dessert
Signup sheet in office.

Donations Needed!! Help us fill gift baskets with new items (ie. for kitchen, bath, personal, home, garden) for our Summer BBQ & Fundraiser draws.

Also welcomed are movie passes, event tickets and gift certificates.

Please leave items at the Centre office by Thursday, June 16th.

THE GARDEN CORNER

The Wonderment of Winter Time

Winter time can have a cold effect on our outlook and how we feel, but it can also be a time to enjoy the beauty and stillness of this season.

Early on Sunday morning, I awoke to find a beautiful garden of powder snow as far as the eye could see. Frost had formed on the window panes making crystal-like ice patterns. It is fascinating how these formations are created allowing a feeling of relaxation and serenity, as if time is standing still and the whole universe is on hold.

The silence was broken as a flock of birds flew over leaving behind a feeling of perpetual freedom. At that precise moment, the sunshine broke through and shone brightly over the snow-blown drifts. Tiny crystals were joyfully dancing over the powdered snow – nature creating a pristine painting for our enjoyment.

Snow flakes were gently falling everywhere – what an exquisite masterpiece, every detail unique – no two snowflakes are alike. We are also unique – no two individuals are the same; we have different ideas, ambitions, loves, hopes and desires. But the one thing that remains constant is when winter snow flakes fall in the Reiki Garden – it is a wonderful “Gift of Solitude”. The stillness of winter allows the Garden to rest, rejuvenate and restore.

Take time to allow this “winter time opportunity”, to reflect upon your accomplishments and lessons from last year while focusing on the upcoming year. Bundling up in a warm sweater with a warm cup of hot cocoa and a good book can help you to enjoy this special season.

Make a plan for your inner spiritual garden, connect with the energy and when the first bulb pushes up through the earth it will be Spring. You will be refreshed and ready for new beginnings.

Author: Karen Cutler

Many thanks to all the Angel Volunteers contributions and donations. Be sure to join us at the Annual Mad Hatters Garden Party on Sunday, March 13, 2011 from 2:00 to 4:00 p.m.. It is a fun day with our hosts Ms. Alice and the Mad Hatter. What a great way to spend a winter's day at Reiki House.

The Garden Committee – Brian – Marilyn - Karen



THE GARDEN COMMITTEE
cordially invites you to attend

The Annual Mad Hatters Tea Party

***Come Join Alice and the Gang - it will be a fun Time!
On Sunday, March 13, 2011 from 2:00 to 4:00 pm***

Let's Have Fun Let's Discuss Gardening Bring your
Special Hat – prizes awarded for original creations

(Question: What does the “10/6 sign” on the Mad Hatters Hat mean??? The first to bring in answer “verbally” wins a special prize)

THE ORIGINAL MAD HATTER WILL ATTEND
AS A SPECIAL GUEST?
NOW WHO WOULD THAT BE...**Clue: initials are J.D.??**

Delicious Refreshments will be served in Mad Hatter Style

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.

Diamond Island, March 26th
Bicheno, Tasmania, Australia to April 2nd, 2011

Land of Medicine Buddha, April 11th
Soquel, California to 18th, 2011

Viamede, Stoney Lake October 2nd
Peterborough, Ontario to 9th, 2011

FULL MOON MEDITATION & KEYNOTES

Thursday, February 17th - 6:45 pm

Aquarius Keynote:

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

Monday, March 21st - 6:45 pm

Pisces Keynote:

I leave the Father's home
and turning back, I save.

Monday, April 18th - 6:45 pm

Aries Keynote:

I come forth and from
the plane of mind, I rule.

Please be prompt!!!

FULL MOON CHANTING

**Thursday, February 17st
6:00 pm**

**Monday, March 21st
6:00 pm**

**Monday, April 18th
6:00 pm**

Facilitated by Kaiko Golwalla

Message from the Mountaintop



To enlighten is to become involved. Participate with all your heart in the life you are choosing to embark on.

There is no earthly reason to question the rightness of all your thoughts and longings. There is no time-bound reality to which you must adhere. The boundless energy that has created worlds is experiencing third-dimensional living and expansion through you.

The more you consciously connect with All That Is, the more readily you will recognize thought patterns (that have either been imposed on you, created by you, or attracted to you), which have taken up residence in your living temple that do not serve or empower you. Clear them out as they appear in your awareness and send them back to the Light. Decide that they are no longer welcome to take up energetic space as you are clearing the path for your authentic being to expand. Connecting with the Source that you are, will help you see the mental constructs these thoughts can build which distract you from your purpose, your vision. You will become more available to Source for inspiration and new ideas to emerge which can open new vibrational fields within the being, that you prefer.

The Beingness of you is rejoicing in your shift in awareness and the focus of your desire, which is bringing you closer to the truth of who you really are. It's like the peeling of an onion with never ending layers, for Source is always becoming more. There is no destination, just an ever expanding opportunity to explore, constantly cultivating more Light, Love and Awareness within the Being. You are capable of lifting your awareness and becoming ever more available to this dance with

Source by recognizing that SOURCE IS EXPRESSING THROUGH YOU.

Each experience reaches into the past, present and future and you as one soul touch and affect the boundless soul with your choices. So the questions can be, "How do the choices I am contemplating affect my life force? Do they enhance or diminish it? Will what I'm taking in (e.g. food, thoughts, information) make me feel uplifted, energized and present, or will it drain, stress, anesthetize or put me to sleep? Does all this drama I engage in serve my vision or does it entertain my ego? Could simply changing what I choose to think about a situation bring peace and a solution forward? Can I ask Source for guidance and expect to receive it? Yes! Absolutely yes, dear ones.

Your journey on this planet is short, so why not use all the resources available to make it a conscious one? If you will slow down and look up from your navel, you will see an abundance of choices to choose from. Your breath is the quickest route to embody Source, to feel it. Taking the time to breathe the presence of Source to the forefront of your awareness, magnifies the abundance and clarifies your ability to choose discerningly.

Don't look for the right and the wrong in your thoughts. That is subjective and will create another debate to distract you from your vision. LOOK FOR THE LOVE IN THEM! Choose better feeling thoughts and what you are looking at will respond to that improved vibration. You have the power of Source energizing your creations, and your thoughts direct that energy, EVERY TIME.

Get in tune with the loving, joyful creator that you are at your Source daily, and your life will be a reflection of that. Your life force will be dancing-with you in it's arms. Enjoy! Blessings.

In Love and Light
Cheryl Cowie

LABYRINTH WALK



Walk the labyrinth during the energy of the Spring Equinox. Saturday
March 19th - 12:00 noon to 1:00 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.

VOLUNTEERS WANTED

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

Tuesday/Wednesday days
10:30 to 2:00
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
February 8th, March 8th and April 12th

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm
February 15th, March 15th (no Terrace Meditation in April)

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm
February 22rd, March 22th and April 26th

Facilitated by Cheryl Cowie
(Reiki II required)



REIKI DAYS

A full day of Reiki for Reiki Channels

Saturday 26th February 2011
Saturday 26th March 2011
Saturday 30th April 2011

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 3:30 pm	by Appointment
Wednesday,		(last appt - 2:00 pm)
Thursday	1:00 pm to 3:00 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.

NOTICE : Please note that Community Reiki will only be available on Wednesday evenings until further notice.

Centre Snippets

- ☉ On December 18th we walked the Labyrinth at the Newtonbrook Church and the energies of the Winter Solstice and Full Moon were palpable. Donations received were given to the church and they were very grateful. They used this money to help with their "Feed the Hungry" drop-in program. We are grateful to them for the use of their space.
- ☉ Our annual Christmas party on December 12th was a wonderful evening attended by 41 people. The centre looked festive, the food was amazing, Santa and the elves (the kids), brought smiles to everyone, and we received a lovely message from John and Ellen commending and encouraging our community. The kitchen fairies (God Bless all those who helped) were laughing and loving the food to the table and the Raffle raised \$490.00 for the center. Thank you to all who braved the weather and were able to participate.

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 Outreach

Bayview Extencicare
 Wellesley Central Place

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.

REIKI GOES BEYOND OUTREACH

In the Fall of 2003 the Reiki Community arranged with Bayview Extencicare to introduce Reiki into their Facility. An evening was set up where we could meet with the administrators/caregivers/residents to explain and demonstrate how Reiki energy would be beneficial to them.

An energized group attended that night forming a Circle of Friends in the Chapel Room. Reiki was received with open arms and from that moment on the energy has flowed and expanded. For eight years Reiki has been provided on a regular basis to Bayview Extencicare. What an amazing journey it has been, filled with so many wonderful fun times and blessings both for the residents and the Reiki channels.

In the beginning years, Hillary Slonimsky a resident connected with the Reiki energy inquired if he could learn the art and practice of Reiki. He set a precedent for the Bayview Facility by attending a Reiki Level 1 class with Master John Crundall and Master Ellen Rose of Australia. He fully embraced the modality and was instrumental in assisting with providing Reiki to the residents. Hillary passed on several years ago; but he left a valuable imprint - the wonderful gift of receiving and giving love.

Another door then opened when Ms. Fran-

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

ces Miller who is a resident embraced Reiki and took the Level 1 class. Frances' personality, fabulous sense of humour and stamina have been very instrumental in holding the resonance at Bayview Extencicare. This year at the Annual Volunteers Luncheon held on Saturday, October 23, 2010 she was awarded a five-year pin for her service to Reiki. Congratulations Frances and thanks for your wonderful dedication and love that you so willingly share.

The Reiki energy will continue to flow at Bayview Extencicare and the doors are wide-open to the Reiki Community to step into the energy.

Karen E. Cutler, Reiki Channel
 Bayview Extencicare

(If you would like to Volunteer please contact Reiki House at 416 -218-0696)

Kids Reiki
 Class in
 October 2011



We are very interested in forming a Kids Reiki class in October 2011 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.

Usui Reiki Centre February 2011

Monthly Highlights

Full Moon February 17th
Reiki Day February 26th



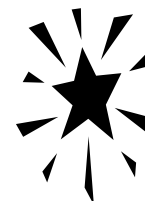
See Centre website at www.urct.org for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Community Reiki 7:30 pm	3	4	5
6	7	8 Reiki II Practice 7:30 pm	9 Community Reiki 7:30 pm	10	11	12
13	14  Be mine Valentine	15 Terrace Meditation 7:30 pm	16 Community Reiki 7:30 pm	17 ○ Chanting 6 pm Full Moon 6:45 pm	18	19
20	21	22 Akashic Practice 7:30 pm	23 Community Reiki 7:30 pm	24	25	26 Reiki Day 10 am - 5 pm
27	28					

Usui Reiki Centre March 2011

Monthly Highlights

Mad Hatter Party March 13th
 Labyrinth Walk March 19th
 Full Moon March 21st
 Reiki Day March 26th



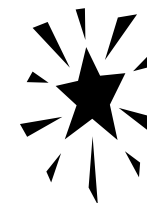
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Community Reiki 7:30 pm	3	4	5
6	7	8 Reiki II Practice 7:30 pm	9 Community Reiki 7:30 pm	10	11	12
 13 Mad Hatter Party 2 - 4 pm	14	15 Terrace Meditation 7:30 pm	16 Community Reiki 7:30 pm	17	18	19 Labyrinth Walk 12 noon - 1 pm
20	 21 Chanting 6 pm Full Moon 6:45 pm	22 Akashic Practice 7:30 pm	23 Community Reiki 7:30 pm	24	25	26 Reiki Day 10 am - 5 pm
27	28	29	30 Community Reiki 7:30 pm	31		


Usui Reiki Centre April 2011

Monthly Highlights

Full Moon April 18th
Reiki Day April 30th



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Community Reiki 7:30 pm	7	8	9
10	11	12 Reiki II Practice 7:30 pm	13 Community Reiki 7:30 pm	14	15	16
17	○ 18 Chanting 6 pm Full Moon 6:45 pm	19 Terrace Meditation 7:30 pm	20 Community Reiki 7:30 pm	21	22	23
 24 HAPPY EASTER	25	26 Akashic Practice 7:30 pm	27 Community Reiki 7:30 pm	28	29	30 Reiki Day 10 am - 5 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

\$225.00 Friday May 13th 7:00 pm-11:00 pm
Saturday May 14th 10:00 am-6:00 pm
Sunday May 15th 12 Noon-6:00 pm

Reiki Level II

\$525.00 Sunday May 15th 7:00 pm-11:00 pm
Monday May 16th 5:30 pm-Midnight*#
Tuesday May 17th 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.**