



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

May June July 2011

THE SERVICE CENTRE

Service has always been an essential ingredient for our spiritual growth, in days of yore and still very much true today. Gandhi said, "Man becomes great exactly in the degree in which he works for the welfare of his fellow-men".

Service is not an activity, but an attitude that manifests in many benevolent activities, an holistic mindset that views the world through the eyes of love and gratitude, and endeavors to become an active participant in evolutionary change - one's own, all of humanity and the world at large, for there is little difference. So much of our spiritual growth depends on our understanding and acceptance of service, not as a discipline but as a way of living. The only words that would admit one through the Mystery portals into higher learning were the words "I desire to learn in order to serve". No other words, no other phrase, no other thought, would do.

But selfless service is a myth, for in serving others, we serve our true selves. "It is in giving that we receive." We are sustained by those we serve, just as we are blessed when we forgive others. As Gandhi said, the practice of satyagraha ("clinging to truth") confers a "matchless and universal power" upon those who practice it. Service work is enlightened self-interest, because it cultivates an expanded sense of self that includes all others.

True service is something that comes from the heart. The true spiritual discipline of service involves putting others' needs before your own. Your intent has just as much to do with service as the actions

involved. Gandhi said, "Service which is rendered without joy helps neither the servant nor the served. But all other pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy." Gandhi also stated that, "Service is the noblest which is rendered for its own sake." True service is free of the need to calculate results, it delights only in service.

Service involves many aspects of our lives - ourselves, the greater community and of course, our spaceship on this journey, Mother Earth.

Firstly - service to oneself, for one must first serve oneself by making the time to earnestly develop oneself in body, mind and spirit through spiritual practices, thereby developing a firm foundation on which service can expand.

Secondly - service to one's immediate family and the greater community. This involves going beyond the boundaries of self and assisting others whenever possible, not out of duty or obligation, but out of love and genuine desire to help, to become involved in the larger picture of humanity.

And thirdly - service to Gaia, our Earth Mother. We can all take part in helping to care for our maternal abode, our current home in time and space, by become more conscious in minimizing pollution and damage to our planet.

The Usui Reiki Centre is a place of service, healing and friendship. In a community of common interests, we

have the opportunity to practice the teachings and serve, using the gift of Reiki to benefit ourselves and others. The Centre provides Reiki sessions by appointment during Tuesdays and Thursdays, and on a drop-in basis on Wednesday evenings. The extent to which the Centre can offer service to others depends largely on the extent to which we are willing to offer our service to the Centre. Good work is only made possible by dedicated participants working together to embrace the spiritual journey.

Remembering that there is an unseen part of us that faithfully serves without condition, ever-present and ever-patient, waiting for our recognition and participation in the greater journey, it is time to return the service and the love - to serve together. It is time. See you at the Centre.

In Light, Love and Service
Brian



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 I \$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

Viamede Retreat with John Crundall and Ellen Rose

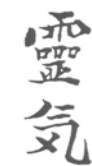


Opportunity to further explore your spiritual path. (must have taken Reiki II with Denise or John Crundall or have sat in on both their Reiki I and Reiki II classes)

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

HOW MANY GIFTS CAN THE GARDEN GIVE?
CAN WE CREATE SPECIAL GARDENS TO ESCAPE TO?
DOES THE GARDEN OFFER HEALING POTENTIAL?

The answers to these questions is up to you; and the abundance of ideas and materials available are certainly out there to be explored.

Throughout history, gardens have been used to aid in the healing process and, with growing interest in complementary medicine, the garden's capacity for healing mind, body and spirit has been renewed. A garden's role in healing can be inspirational allowing time to be creative, time to breathe, read, paint, play an instrument, write the book of your dreams or simply watch the clouds go by.

Healing gardens are being constructed in residential, as well as commercial settings; for facilities such as cancer centres, hospices and rehabilitation care. These spaces help to lower stress, promote faster recovery, and reduce the need for medication.

There has been a trend lately to choose themes that create a special focus that can come to life in the garden. The choices are as many as the imagination will allow. There is the serenity of the Japanese Garden offering a harmonious layout providing seating and shelters from which to sit and observe. The Rose Garden provides a fragrant garden with the power to bring sensual pleasure into our lives; combined with nostalgic memories of times past.

Life and movement can be introduced right into the garden - by adding certain plants that attract joyful song birds and butterflies. These amazing creatures flitting and fluttering from flower to flower - oh what a delightful relaxing way to spend time. Perhaps the greatest gift a garden can give us is to allow the plants to work their magic, dissolving sense of haste and changing our perception of time.

The use of colour can also be implemented into naturally inspired settings with soothing colours - providing a visual-type of healing therapy. Everyone responds differently to the variety of colours in the colour wheel; colours like red, orange, and yellow are cheerful and energetic. Pinks, peaches and white add a fresh; but more subdued touch to the garden. While the purples and blues add a cool, fresh healing approach. The choices are

up to the individual gardener and the plan is open-ended.

Magical woodland gardens can be introduced and enhanced by adding playful fairies and mischievous gnomes to the setting - this would be joyful on a sunny afternoon. Another wonderful way to celebrate the garden is to create a meditative setting used primarily for tranquil reflection. Beautifully framed vistas, archways, gates, winding paths, a graceful Buddha and certainly water features would add serenity in completing this vision.

Another very popular trend in gardening is the herbal garden which embraces the culinary side of living. These aromatic herbs while adding to your cooking repertoire, also introduce many therapeutic effects into your life by restoring internal balance. Plants contain essential oils and many of these oils have properties that enhance one's health. For example, Sweet Basil is a favourite used in Italian cooking; but also is a stimulating essential oil, used for the mind and physical well being. As well, it clears the respiratory tract, relieves bronchitis, sinus and lung pressure. When used in massage oil, Basil stimulates and reinvigorates fatigued muscles. There are multiple therapeutic effects which can be found in Chamomile, Rosemary, Sweet Fennel, Marjoram, Parsley, Peppermint, Sage, and Lemon Verbena to name but a few.

With so many types of Healing Gardens, the possibilities are limitless. These benefits increase each time we enter the garden, as the memory of previous relaxation returns to us more quickly restoring vitality and our spirits. So what type of Healing Garden will you choose this Spring??

Many thanks to the Garden Angels for their contributions to the Usui Reiki Garden.

The Garden Committee - Brian - Marilyn - Karen

VOLUNTEERS' WORKSHOP

Terrace & 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.



FULL MOON MEDITATION & KEYNOTES

Wednesday, May 18th - 6:45 pm

Taurus Keynote:

I see and when the Eye
is opened, all is light.

Wednesday, June 15th - 6:45 pm

Gemini Keynote:

I recognize my other self and in the
waning of that self, I grow and glow.

Thursday, July 14th - 6:45 pm

Cancer Keynote:

I build a lighted house
and therein dwell.

Please be prompt!!!

FULL MOON CHANTING

Wednesday, May 18th
6:00 pm

Wednesday, June 15th
6:00 pm

Thursday, July 14th
6:00 pm

Facilitated by Kaiko Golwalla

Message from the Mountaintop



We find ourselves in quandary at this time of great change. Reaching for evermore Light, yet feeling the pull of and being buffeted by, the mass consciousness of fear. It touches those places in us that have experienced lack of faith, pain and endurance of harshness. Thrown off balance, we look for the source within ourselves and if we keep our composure, we find our compassion and release the experiences that set up this vibration.

When we do this for ourselves with awareness of those who don't see the opportunity, we offer the healing to them as well. We are working with the microcosm (ourselves) and we affect the macrocosm (humanity). By holding the clear intent for as many to be awakened as possible, we allow Source to work through us for Its purpose. For all intents and purposes we co-create a bridge of invitation to higher consciousness.

We can become aware of the dream we have been participating in and choose to redefine it, to recreate it into something that better supports our new vision. We can wake up to a healthier reality because we are remembering that we have a choice and a responsibility to exercise that choice. We realize that we are the ones holding the key to a different reality.

There are many who will choose to leave the planet to begin anew. There are those who will resist change and try to control others and outcomes. They will prey on your fear in an effort to not feel their own.

The tidal wave of Light and Humanitari-

anism is coming anyway. If you can allow that chaos is the breaking up of old energy and is actually creating space for the new vibration, that wave will take you to the shores of the new earth. Source is with you, inviting and supporting your Spirit in these exciting and challenging times.

By now you know that what you focus on grows, that you are a co-creative force of your experience. We invite you to watch for new ideas and talents emerging within you. You are being offered fine-tuning to navigate these times of great change. Embrace these new gifts.

Now, more than ever, keep your focus on the love and light within you and it will open the path before you. You have never been alone nor asked to do this journey alone. You are only asked to choose that which you will focus upon. Within and without, all the elements co-exist and you are given the choice about what you would like to manifest.

If you don't abandon your Spirit in times of stress, you will feel it's support and strength. You have a direct line to Source - it is your heart. When viewed from this portal, everything that is happening in and around you, takes on a different hue and inspires healing possibilities. Inspiration to an act of kindness towards yourself, another, the environment, the earth - sends out ripples of vibration that have far reaching impact beyond what you can imagine. Sharing your joy can actually change your life and your world. IMAGINE!

Dare to turn up the Light in your heart, shine it on you and your world and watch the darkness lift like the dawning of a new day. Let's chant up the sun-within ourselves.

Blessings
Cheryl Cowie

Transformational Tuesdays Gateways to Personal Transformation

REIKI II PRACTICE

2nd Tuesday each month - 7:30 pm
May 10th, June 14th
and July 12th

Facilitated by Cheryl Cowie
(Reiki II required)

TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm
June 21st and July 19th
(no Terrace Meditation in May)

Facilitated by Darlene Awde

AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm
May 24th, June 28th
and July 26th

Facilitated by Cheryl Cowie
(Reiki II required)



REIKI DAYS

A full day of
Reiki for
Reiki Channels

Saturday 28th May 2011
No Reiki Day in June
Saturday 30th July 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

LABYRINTH WALK



Walk the labyrinth during the energy of the Summer Solstice. Wednesday
June 22nd - 6:00 to 7:00 pm

The walks are held at Ruddington Park, one block east of the Centre on the south side (Ruddington and Cummer). Check with Brian at 416-226-5483 for confirmation on weather conditions

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

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.

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.

The Annual Mad Hatters Tea Party



The Annual Mad Hatters Tea Party – wonder what number this one is we've had so many? Well anyways, it was held on Sunday, March 13, 2011 and was attended by a bunch of avid gardeners. We began with special thanks to the Garden Committee and their continuing devotion to the garden.

We were just settling down in a Mad Hatter sort of fashion, when Jacinta Yang arrived with an amazing flower pot hat she had created. It was indeed special and of course she took 1st place in the hat competition, with Darlene Awde looking like a "Lady of the Garden" in her hat and taking 2nd place.

The meeting proceeded and an update of the past year was reviewed. A new garden plan was made and it was decided to begin planting the new trees in

the back garden when the weather conditions were right. It was mentioned that Keri has been keeping up with the watering of the gardens and the seeding of the lawns. The lawns definitely are improved and look great - thank you Keri Berthelot.

The answer to the "10/6" sign on the Mad Hatters hat is 10 pounds, six pence – the hat price by English standards

Delicious Refreshments were served in Mad Hatter Style - a good time was had by all.

By The Original Mad Hatter ("JD")

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.

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

LAND OF MEDICINE BUDDHA

The retreat in April at the Land of Medicine Buddha in Soquel California was once again a powerful journey that allowed us to delve deeper within to expand into a new realm of self awareness. The premise of this retreat was to embrace our passion... to dream, to hope, to create our future.

Here in the lovely setting of the red wood forest we walked in silence allowing nature's solitude to empower us to tap into this wordless, boundless and insatiable mystery that is our passion, and to connect with and focus on what really matters to us and our journey.

A retreat is a pause for grace so that we can recognize our impact and the chaos that we create, and to change that which no longer serves. The gift of this retreat is that, by embracing your passion, you connect to your soul and spirit, thereby adding more creativity to your life...the better it gets, the better it gets.

With passion and in service..
 Darlene Awde

REIKI CENTRE CLEAN-UP & GENERAL MEETING

Saturday, May 7th
 Bring your hands and humour as we prepare the Centre for Reiki classes
 Clean-up starts at 11:00 am
 General Meeting at 2:00 pm
 All are welcome



Summer BBQ & Fundraiser

Family fun—all welcomed!

NEW DATE Sunday, June 26th from 4 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

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 23rd.

Usui Reiki Centre May 2011

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

Monthly Highlights

Centre Cleanup/General Meeting May 7th
 Reiki I Class May 13th - 15th
 Reiki II Class May 15th - 17th
 Full Moon May 18th
 Temple/Terrace Weekend May 20th - 22th
 Reiki Day May 28th



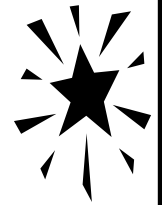
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Community Reiki 7:30 pm	5	6	7 Centre Cleanup 11.00 am General Meeting 2:00 pm
8	9	10 Silent Med 7 pm Reiki II Practice 7:30 pm	11 Community Reiki 7:30 pm	12	13 Reiki I Class 7 pm - 11 pm	14 Reiki I Class 10 am - 6 pm
15 Reiki I Class 12 noon - 6 pm Reiki II Class 7 pm - 11 pm	16 Reiki II Class 5:30 pm - midnight	17 No Terrace Meditation Reiki II Class 5:30 pm - midnight	18 ○ Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	19	20 Temple/Terrace Weekend 7 pm - 10 pm	21 Temple/Terrace Weekend 10 am - 6 pm
22 Temple/Terrace Weekend 10 am - 4 pm	23 Victoria Day	24 Akashic Practice 7:30 pm	25 Community Reiki 7:30 pm	26	27	28 Reiki Day 10 am - 5 pm
29	30	31				

Usui Reiki Centre June 2011

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

Monthly Highlights

Full Moon June 15th
Labyrinth Walk June 22th
Summer BBQ June 26th



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

Usui Reiki Centre July 2011

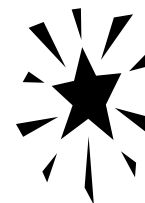
Note: Centre closed for the month of August

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

Monthly Highlights

Full Moon July 14th
Reiki Day July 30th

NOTE: Centre closed August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Canada Day Centre Closed	2
3	4	5	6 Community Reiki 7:30 pm	7	8	9
10	11	12 Silent Med 7 pm Reiki II Practice 7:30 pm	13 Community Reiki 7:30 pm	14 ○ Chanting 6 pm Full Moon 6:45 pm	15	16
17	18	19 Terrace Meditation 7:30 pm	20 Community Reiki 7:30 pm	21	22	23
24	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.**

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