



# LIGHTLINES

## CELEBRATING UNIVERSAL LIFE ENERGY

November December 2010 January 2011

### FALL REFLECTIONS

Fall is a season of great change, a time of transition, as the warm days of summer fade and the cool clarity of winter approaches. As nature turns inward to sleep, it becomes a metaphor for our own spiritual journey, a time of rest and reflection, of embracing solitude, of going within.

At the Reiki Centre, the fall season is always busy, with Reiki classes (including the long-awaited Kids class this year) and the annual retreat at Viamede. Below are reflections of both the Viamede retreat on Stoney Lake by Savy and the Kids Reiki Class by Vera.

### TEACHINGS OF VIAMEDE IF NOT YOU, WHO ELSE?

On Sunday, in the final meditation, God said "If not you, who else?" All our masters, the prophets, guides, angels, higher selves and God were there and they said "You are the one we sent to live this life. And you said 'Yes, please'. We are with you. And we bow to you now in respect, gratitude, and our unconditional love for you. You did it. You already DID IT! You said 'YES' and came to this life, your life. You have already fulfilled your destiny."

We are being asked to commit to our individual lives now, to fulfill our purpose – which is to be who you came here to be, to be the best that you can be, to make a difference. And have fun doing it!

We each come forth to this life as a mem-

ber of many lineages – Reiki lineage, our family lineages, the lineage of women, of men, of children. In our lives we have the opportunity to claim and embrace the "good" from each of them – their gifts to us, and also in each of these lineages we can heal the "bad"- the limiting beliefs.

This retreat was all about graceful surrender to God, to Thy will. Write a better story. **Allow it to be more!**

We are at a point where we cannot "figure" it out anymore. At this stage we must have faith in God (our Source). To trust that "the hand will come down and lift us above the cloud of unknowing to the top of the mountain." We may be able to understand it after or explain it later but not before it happens, not before we surrender to God. It simply can't be figured out. We need real faith for this. The next step we cannot take without God and our absolute trust in him.

Lets go back to the basics – put your hand on... just for today.

**God said: TRUST ME!!!**

With my gratitude to all my lineages and to you all.  
Savy Braye

And remember:

The future is yours.  
There is no past.  
You never have to be the same again...

### KIDS REIKI CLASS

The weekend of October 16 and 17 was magical. Finally, after six years of anticipation and waiting patiently (or not so patiently every year), it was actually happening. The Reiki mums were ecstatic, we were going to have a Kids' Reiki class. A group of ten students (the youngest being 5 and the oldest 11) and a dozen adults/helpers were invited to come together with Ellen and John for a Kids Reiki class at the Usui Reiki Centre.

It was an incredible opportunity to hold the children in love and support and at the same time go a little deeper within ourselves, experiencing the love, the magic of Reiki as we reached out to touch a child and be touched by the child within us. It was amazing to watch each child express in their drawings and wise insights, their understanding of and

*Continued on Page 4*



### 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

Access the Centre calendar at our website



## POT LUCK Christmas Party

All are invited to attend the annual Christmas Party, Kris Kringle and Raffle at Reiki House.

Date: Sunday, December 12th 2010  
Time: 4:00 pm

Pot luck & BYOB - the Centre will provide hors d'oeuvres, turkey and salmon

Bring a small present for the gift exchange. Sign-up sheet in office by 9th December - limited seating

## THE GARDEN CORNER

### The Colour of Change

Autumn is a wonderful time of year to explore all the beautiful textures, vibrant colours and aromatic smells of nature.

There are many ways to enjoy autumn by doing nature walks, cycling, driving through the country, but this year I opened a new door and took a photography course. This course not only educated me about F-stops, shutter speeds and other mysterious buttons on my digital camera; but the main gift that I discovered was the opportunity to focus on nature in a more intimate way.

One of our projects was a field trip to Edwards Gardens at the crack of dawn, which involved getting up on a crisp Sunday morning with the kids in tow, hot chocolate, hats and mittens. Our instructor wanted us to see how the change in light from dawn through to midday actually changes the mood, colour and texture of the photos. The dawn gives a more warm tone to the photos and the colours are more saturated and rich. One way to take a great photo of the changing leaves is to get up really close to one leaf, with the light behind the leaf (called backlighting) and you will see amazing detail and colour. The veins of

the leaves, the stems and the magnificent blending of colours go almost unnoticed until you're behind the camera lens.

Another technique we learned about was to find some still water where you can see the reflection of the trees in the water. Focus your camera solely on the reflection and you will create a unique perspective which will result in a wonderful photo composed of water, light and colour.

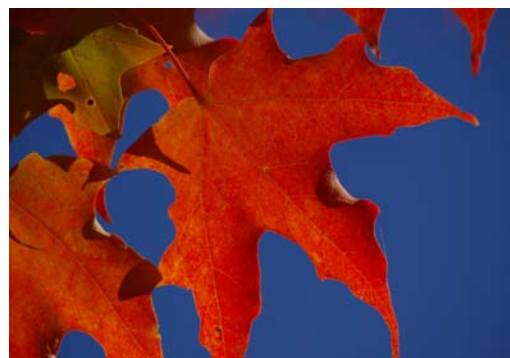
So I invite you to grab your camera, go outside, look up at the trees, look down at the fallen leaves and get intimate with nature as she shows us how beautiful change can be.

*With love and gratitude,  
Shirley Healy*

The Reiki Centre's garden has matured beautifully this summer. Many thanks to all the angel volunteers for their dedication and help.

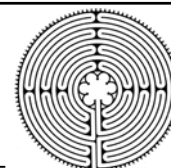
*The Garden Committee*

P.S. There are a lot of leaves that need raking (not reikiing), if you have some time to lend a hand we would greatly appreciate your help.



### LABYRINTH

Saturday December 18th  
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.

### 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, to April 2nd, 2011  
Australia

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

**Sunday, November 21st - 2:45 pm**  
**Scorpio** Keynote:  
Warrior am I and from the battle  
I emerge triumphant.

**Tuesday, December 21st - 6:45 pm**  
**Sagittarius** Keynote:  
I see the goal, I reach that goal  
and then I see another.

**Wednesday, January 19th - 6:45 pm**  
**Capricorn** Keynote:  
Lost am I in light supernal,  
yet on that light I turn my back.

Please be prompt!!!

### FULL MOON CHANTING

**Sunday, November 21st**  
**2:00 pm**

**Tuesday, December 21st**  
**6:00 pm**

**Wednesday, January 19th**  
**6:00 pm**

Facilitated by Kaiko Golwalla

## Message from the Mountaintop



It be time to embrace the child within us, to see the world through the eyes of our imagination and wonderment.

The child be very clear in what it wants in this moment. The child is so focused in the present moment that the messages it picks up are crystal clear. Time to embrace this aspect of self, with no apology for what one is feeling or experiencing, to be fully present with it, take in the experience and have the adult aspect in us, work with it and ask "What is the teaching for me/us here?" I accept this experience and look for the deeper meaning with eyes of love and openness.

Spirit/Source is always providing opportunities to grow and if I view everything from that perspective, then what is the subtle message available to me. As I watch my personality react, hold myself peacefully in the center of my being until that completes, what arises that is expansive and informing to my soul? Instead of trying to override the Ego, I could hold it in love until it settles, and the view to my Spirit's intent becomes clear. I could give myself the space with a few deep centering breaths in and out to let my Spirit know that I am listening, alert and interested in the gifts of understanding and communication with the highest aspects of Creation that are being offered.

The more I admit and allow that Source is working through me and everyone else, the more momentum the evolution of our living world, can receive. New information and levels of love are streaming towards and through us. All the living kingdoms are impacted and are impacting our human experience as well. The whole living organism of which we are a part, is welcoming in a

New Age, a New Paradigm - an exponential rise in our base frequency.

It can be unsettling as the fossilized parts of our being, (the resistance to change), break down to allow the flow of new ideas and energies to take root and begin to create our new dreams, our new relating. It takes a quantum amount of faith to let our old views of self and others crumble and to allow brand new beings to emerge in their place.

We are in a place where we can embrace these new understandings and create new life and new directions within our existing relationships. What if everything that happened before this moment was gone and you looked at each other in this moment and asked each other, "Where do we go from here? What would we like to create, starting fresh, right now?" Look at your relationship with yourself. What if all the "old" stuff, beliefs, experiences were wiped out and you were meeting you for the first time? How would you like to look at yourself, talk to yourself, care for yourself, and create for yourself?

You have that opportunity, for everything is changing, including you - if you will just allow it. Spirit/Source is supporting this amazing transformation and just asks that you see with new eyes and listen with your heart. Each "mis-take" you make is simply an opportunity to forgive, recognize the old pattern and choose to ask for a more loving response from your Spirit to flow through you - healing you and the situation at hand. Call on the kind, wise part of your being to help you gracefully grow into the you that you dream of becoming.

We love you and hold the vision of your realized dreams in escrow, just waiting to celebrate with you as you claim them with love and blessings.

In Love and Gratitude  
Cheryl Cowie

## Transformational Tuesdays Gateways to Personal Transformation

### REIKI II PRACTICE

With optional Silent Meditation  
7:00 pm

2nd Tuesday each month - 7:30 pm

**November 9th, December 14th and January 11th**

Facilitated by Cheryl Cowie  
(Reiki II required)

### TERRACE MEDITATION

3rd Tuesday each month - 7:30 pm

**November 16th, January 18th**

**(No Terrace Meditation in December)**

Facilitated by Darlene Awde

### AKASHIC PRACTICE

4th Tuesday each month - 7:30 pm

**November 23rd, January 25th**

**(No Akashic Practice in December)**

Facilitated by Cheryl Cowie  
(Reiki II required)

## Christmas Decorating Party



"Start celebrating early"

Sunday, November 28th 11:00 am

Come and help decorate our Centre for the holidays with eggnog, cookies and fun.

### VOLUNTEERS WANTED

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

Tuesday/Wednesday days  
10:30 to 3:00

Wednesday/Thursday evenings  
from 7:30

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

Thanks Darlene



## REIKI DAYS

A full day of Reiki for Reiki Channels

**Saturday 27th November 2010**

**Saturday 29th January 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

## Usui Reiki House Schedule

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

<b>Tuesday,</b>	10:30 am to 3:00 pm	by Appointment
<b>Wednesday,</b>		(last appt - 2:00 pm)
<b>Thursday</b>	1:00 pm to 3:00 pm	
<b>Tuesday</b>	7:30 pm	Transformational Tuesdays
<b>Wednesday</b>	7:30 pm	Community Reiki
<b>Thursday</b>	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.

**Notes: Centre closed 17th December 2010 to 4th January 2011.  
 The Centre's New Year cleanup is on 16th January.**

## Reiki Outreach Schedule

<b>Monday/Thursday mornings</b>	Bayview Extencicare	9:30 -12:00 noon
<b>Monday mornings</b>	Scarborough Extencicare	10:00 - 11:00 am
<b>Tuesdays</b>	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

- © Congratulations to Jim Marsh!! Jim successfully climbed to Mount Everest Base Camp last month to raise funding for further research for Multiple Sclerosis. See Jim's website for more details on his climb. at jimmarsh.org.
- © The Toronto Usui Reiki Centre welcomed guests from "down under" in September. Kevin Tims from Melbourne, and Jane Byrne and Karen Smith from Tasmania, Australia. They enjoyed the week at Viamede, loved the beautiful fall colours, warm weather and their trip to Niagara Falls was a dream come true. Kevin stayed on to help with the Kids Reiki and now is resting at home until he returns for Reiki classes in May 2011.

Continued from Page 1 Kids Reiki Class

response to the Reiki energy. The children have such a capacity for Love and Joy - throughout, there was laughter amidst moments of silence and meditation, there was joy as they discovered their *warm and tingly hands* in the Reiki trains after each attunement, they experienced all their emotions "*sometimes they come so fast*". There was friendship and camaraderie as we walked the labyrinth, there was a feeling of lightness and freedom as kids as well as adults ran, went on the swings and slides and hung from the monkey bars in the park after lunch. There was even chaos at times as the children explored and saw the Reiki energy working *inside their bodies* and awe and amazement as they discovered their Higher Selves - "*Wow! My Higher Self looks a little bit like me - same colour hair and eyes!*"

As the weekend unfolded I observed the children blossom and transform from the shy and hesitant little ones - on the first day, when asked why they came to Reiki, most of them said they came because their moth-

## 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.

ers wanted them to come - into confident and radiant beings enjoying and celebrating their own uniqueness and true nature.

By the end of the day on Sunday, as the children put hands on themselves and another while listening to Dr. Usui's story and the lineage that they have now become a part of, I felt my heart overflow with Gratitude for this beautiful and magical Gift we share.

I would like to thank, first of all, Den for her Love for all of us, and especially the children, that made Kids' Reiki a reality. I would also like to thank Ellen and John for their Love and their teachings and all the volunteers for helping to make this Kids' Reiki Class a memorable one.

In Love and Light - Vera

## Centre New Year's Clean-up

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

January 16th at 11 am



## REIKI CENTRE GENERAL MEETING

Sunday, January 16th 2010  
 at 2:00 pm  
 following the Centre clean-up

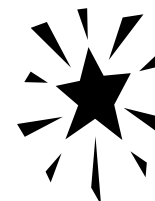
All are welcome

# Usui Reiki Centre November 2010

See Centre website at [www.urct.org](http://www.urct.org) for calendar updates and changes.

## Monthly Highlights

Full Moon November 21st  
 Reiki Day November 27th  
 Christmas Decorating  
 Party - November 28th

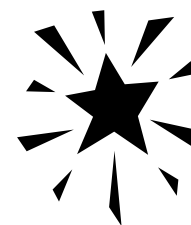


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Community Reiki 7:30 pm	4 Community Reiki 7:30 pm	5	6
7	8	9 Silent Med 7 pm Reiki II Practice 7:30 pm	10 Community Reiki 7:30 pm	11 Community Reiki 7:30 pm	12	13
14	15	16 Terrace Meditation 7:30 pm	17 Community Reiki 7:30 pm	18 Community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




# Usui Reiki Centre December 2010

## Monthly Highlights

Pot Luck Christmas  
Party - December 12th  
Labyrinth Walk December 18th  
Full Moon December 21st



See Centre website at [www.urct.org](http://www.urct.org) for calendar updates and changes.

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

# Usui Reiki Centre January 2011

## Monthly Highlights

New Years Cleanup January 16th  
 General Meeting January 16th  
 Full Moon January 19th  
 Reiki Day January 29th



See Centre website at [www.urct.org](http://www.urct.org) for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						 1 Happy New Year
2	3 Centre Closed	4 	5 Community Reiki 7:30 pm	6 Community Reiki 7:30 pm	7	8
9	10	11 Reiki II Practice 7:30 pm	12 Community Reiki 7:30 pm	13 Community Reiki 7:30 pm	14	15
16 Centre's New Year Cleanup 11 am General Meeting 2 pm	17	18 Terrace Meditation 7:30 pm	 19 Chanting 2 pm Full Moon 2:45 pm Community Reiki 7:30 pm	20 Community Reiki 7:30 pm	21	22
23	24	25	26	27	28	29
30	31	Akashic Practice 7:30 pm	Community Reiki 7:30 pm	Community Reiki 7:30 pm		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**

ñ

### 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.**