



LIGHTLINES

CELEBRATING UNIVERSAL LIFE ENERGY

February March April 2012

CHRISTMAS MESSAGE FROM JOHN & ELLEN

Season's Greetings Dear Ones,

What a year of change, chaos and new beginnings we have just witnessed. Everything is liquid, forming and reforming, solid and fluid... moving. It is the beginning... it is why we came. And once you begin to walk the walk and talk the talk of a new world, of a new era, your life has truly begun. Not an accumulation of knowledge and experiences, not the accumulation of your work... But the beginning of "The Work".

The Great Work begins with small unsteady steps... and then you realize you are one of many in every corner of the globe that is now standing... A little bewildered and confused to be standing ... without a map and in uncharted territory.

You are standing for change – the change that has begun, the promise, the desire that you came for. This incarnation is not just an accident, a serendipitous moment in time and space. It is a deliberate step that you have taken to be here on this planet at this moment in the history of 'Gaia'. You chose from all of your possible choices to be here NOW... in this moment, and why?

You came to make a difference; to come to oversee change... you came to be a midwife at the birth of a New Age... not the old one in "drag"! But an entirely new way of thinking, of behaving and expressing. Like nothing that has ever occurred before. Yes, it is confusing, and of course you are a little unsteady; it is all new. It requires a new way of thinking, of processing all the information; a new way of looking at the "news", without the drama, confusion and chaos. But how? You may well ask!

Firstly, all of your training, through teachers and through life, has all been for this moment. You inherently have the skills and the knowledge. All of the teachings of a metaphysical world that you create are real. They are not a game; they are your vocation, your reason. The classes, the teachings,

retreats and gatherings all open doors and gateways in your mind. They all activate the DNA stored within your being and awaken the new world within us.

Secondly, you have teachings and you have a community, a 'Sangha'. This community is worldwide; an inclusive community of likeminded, of all different persuasions and teachings, all containing the keys to the new wisdom. You are not alone, and never have been alone. There are millions just like you and I that are expressing their desire for more. More of who they are and more of what humanity is.

Finally, it is all about consciousness. Conscious choices and conscious actions; creating your being to enter into the arena of life and a new world with every thought, word and action. It is the first time in history we are creating a New World consciously! It is appropriate that in December 2012 (just 12 months from now) that the Old calendar will expire. This is because we are entering an age of conscious responsibility. The sages, elders and ancients could not see past 2012 and could only imagine the possibilities and the potential of the next age of humanity. They could only ponder and pray for a new conscious planet earth.

What it takes to create this new world is commitment and courage and the ability to Dream a future, a world that we would all be proud to offer the children of tomorrow. That world is dependent on what you and I choose today; what we Dream, and what we imagine today!

A Brilliant Future, full of new opportunities, of many right answers, New Beginnings and second chances, a world of ideas, problem solving and most of all imagination. Perhaps we were the old ones who wrote those calendars and dreamt the dreams - and now we have returned to be the change that could only be imagined.

It is with great gratitude that Ellen and I

give thanks to you all. With Love, Light and Blessings, we wish you all a wonder filled Christmas and a most prosperous and abundant New Year.

Love John and Ellen

Volunteer's Workshop With John & Ellen

Join us for a weekend
of powerful spiritual growth!

Friday 11th
To Sunday 13th May 2012

All are welcome

By donation

Please register in the office.



Learn Reiki with John & Ellen

Classes in May

REIKI I \$225.00
Fri May 4th 7:00 pm - 11:00 pm
Sat May 5th 10:00 am - 6:00 pm
Sun May 6th 12 noon - 6:00 pm

REIKI II \$525.00
Sun May 6th 7:00 pm - 11:00 pm
Mon May 7th 5:30 pm - Midnight
Tues May 8th 5:30 pm - Midnight

Classes in September

REIKI I \$225.00
Fri Sept 21st 7:00 pm - 11:00 pm
Sat Sept 22nd 10:00 am - 6:00 pm
Sun Sept 23th 12 noon - 6:00 pm

REIKI II \$525.00
Sun Sept 23th 7:00 pm - 11:00 pm
Mon Sept 24th 5:30 pm - Midnight
Tues Sept 25th 5:30 pm - Midnight

Usui Reiki Centre at Reiki House



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North York, Ontario M2K 2N2
Phone: (416) 218-0696
Fax: (416) 226-3266
E-mail: darlene@usuireikitoronto.com

Find us on facebook - Usui Reiki Centre Toronto

Access the Centre calendar at our website

THE GARDEN CORNER

THE MESSAGES OF NATURE

You can find mystical happenings anytime, anywhere. On September 11th, I went with my friend Helen to the Mount Pleasant cemetery. I visited grandparents, parents, aunts and uncles, plus my husband Murray. As we were leaving, I saw a large hawk on the top of a tombstone, right beside the road not more than ten feet from us. We were surprised how close it was. I was bouncing up and down with excitement. I love hawks - they are the messengers. We stopped to take pictures. Of course, I started to talk to it. It rose from its perch and glided to the next tombstone going west. The pictures I took were wonderful - enjoy this one.



The guidance I received from this hawk:

- It was close, so the message would come soon
- It glided to the west - west is near completion
- Helen said it was listening to me speak - I must listen for the message(s)
- It sat with a lot of calmness and patience - I must be calm and patient (I have trouble with this, but I will try)
- The hawk's eyesight is very keen - so I must be watchful.

The hawks are migrating through the Toronto area at this time of year. What a thrill this encounter was - what a day!

The book, Animal Speak by Ted Andrews, states that "the hawk is a powerful bird that can awaken visionary powers and lead you to your life's purpose. The cycle of power is at the spring and fall equinoxes' new moon. The female is larger than the male. Hawks are harassed and attacked by smaller birds. Other people may attack you after seeing a hawk. They do not want you to soar."

John and Ellen's Level I Reiki class started on 23th Septem-

ber, the first day of Autumn. On Sunday we were discussing "changes in our lives". The other Maralyn in our group looked up hawks on her phone. It stated that "many of the messages a hawk brings are about freeing yourself of thoughts and beliefs that are limiting your ability to soar above your life and gain greater perspective".

I can only suggest that you read Animal Speak and learn how the animals, birds, butterflies, etc. can help and guide you. I wish I could have shared that wonderful and special day with all of you.

Love and hugs
Marilyn Symes

Our new website is now up and running!
Check it out at: www.usuireikitoronto.com



Don't forget to check out our new website for information about Reiki and events at Reiki House, as well as links to the Melbourne and Santa Barbara sister sites.

REIKI RETREATS WITH JOHN & ELLEN

John & Ellen are offering three retreats this 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,
Bicheno, Tasmania, Australia

March 12th
to 24th, 2012

Land of Medicine Buddha,
Soquel, California

April 5th
to 9th, 2012

Stoney Lake
Peterborough, Ontario

September 30th
to October 7th, 2012



FULL MOON MEDITATION & KEYNOTES

Wednesday, February 8th - 6:45 pm

Aquarius Keynote:

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

Wednesday, March 7th - 6:45 pm

Pisces Keynote:

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

Thursday, April 5th - 6:45 pm

Aries Keynote:

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

Please be prompt!!!

FULL MOON CHANTING

Wednesday, February 8th
6:00 pm

Wednesday, March 7th
6:00 pm

Thursday, April 5th
6:00 pm

Facilitated by Kaiko Golwalla

Message from the Mountaintop

Let us ponder the teacher/healer/priest energies which we are connected and aligned with. With gratitude for their Service, we can open to receive more of their frequencies. We can become ever more aware of their ongoing gifts to us.



When we turn our eyes and hearts to a frequency/teaching that uplifts us, we step into a flow of thoughts and actions that our teachers can be proud of and which gives meaning to their sharing. When the flow of kindness and wisdom hits you directly, they know they have passed a torch which you will keep burning and which will inspire others in turn.

When you take responsibility for upholding these frequencies, you step into your teacher/healer/priest role. You don't have to stand in front of a class, although some of you will. You will raise others vibrations by your very presence and exemplary behaviour. Tending to your own vibration, with a daily practice of devotion of your choosing, will create an energy that speaks louder than words.

If, no matter what is occurring around you or to you, you take a moment to gratefully acknowledge your connection with Source, you open a floodgate of opportunity for Source to work through you and with you. Spirit always responds to attention focused upon it, whether in prayer, plight or pondering. If you would truly receive the message that you are never alone, so much of your dis-ease would fall away.

We have given you everything you need to flourish - and the choice to use it or abuse it, to remember or to ignore. Energy is an active principle which creates potential outcomes and WHAT YOU FOCUS ON BECOMES! There are many potentialities to choose from. We suggest you look to those who inspire you, to the teachings that ring in your heart and choose that frequency to work from.

It takes practice and there will be fumbles, as there were for those who came

before you. When you recognize you are going in a direction that is not in alignment with who you want to be, search within for the teaching, the healing gem - bathe yourself in it and change direction. No-one learns from punishment! Be grateful you have seen what was holding you in an unfavourable pattern and begin the practice of what heals that.

Ask for help! We cannot browbeat our wise teacher within, to come out. It is only willingness to learn which brings them forward. They may give you the teaching directly, or they may speak through another. There is always a finer vibration that we can lift to; it is what inspired us to come. It's not a fault within us; it is the impetus to continually become more of who we are.

The discovery of our human and divine selves fuels our evolution. We each want to contribute something of value to this process. When we can remember that our lives have purpose, and that we have come here at this time on purpose, our contribution can become ever more significant. We are here to love one another and help each other achieve our best Self. We are not here to compete for enlightenment; we are here to share in it. The Creator wants every last one of us to come home safely and enriched.

So look around you and see who the teacher/healer/priests are in your life and for whom do you fill that role? Be inspired and inspiring. We have so much to share with each other, more love to give and more love to receive. Keep lifting with Love, Light, Laughter and appreciation for our Blessed seen and unseen helpers on this continuing journey. The veil is disappearing and we are growing the character to be responsible for greater access.

Thank you to Denise Crundall for sharing these teachings with us and for embodying Love and Light, which continues to inspire us.

Blessings
Cheryl Cowie

NEXT REIKI CENTRE GENERAL MEETING

Sunday, March 4th 2012
at 2:00 pm

All are welcome

!! NEW !! Transformational Tuesdays

Sonia Choquette's
"Creating Your Heart's Desire"
10 week Workshop

Begins Tuesday, February 7	7 - 8 pm
	Introduction
Tuesday, February 14	No class (Valentine's Day)
Tuesdays, February 21, 28	7 - 9 pm
Tuesdays, March 6, 13, 20, 27	7 - 9 pm
Tuesday, April 3	7 - 9 pm
Tuesday, April 10	No class (Land of Medicine Buddha)
Tuesdays, April 17, 24	7 - 9 pm

Join me for a fun and powerful step by step process to create your profound heart's desires. Each week will provide a new principle with 3 exercises to build your ability. You must commit to the 10 weeks (if you have to miss one, you can catch it up the following week). The exercises are not difficult; they build on each other and are new ways of being, so the practice will be ongoing. I am offering this course by donation to the centre (suggested donation \$10 per class). Come to the introduction evening and see if this is for you.

Facilitated by Cheryl Cowie
Certified in Sonia Choquette
Six-Sensory Training



REIKI DAYS

A full day of
Reiki for
Reiki Channels

Saturday 25th February 2012
Saturday 31st March 2012
Saturday 28th April 2012

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 - must sign up in office

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 December Christmas Pot Luck dinner attended by 50 people at the Centre was a huge success. The Centre was decorated for the holidays and looked festive and the energy was high with laughter, joy and fun. Santa made his arrival and all the kids big and small enjoyed receiving their Kris Kringle gift from him. The raffle and 50/50 draw raised \$400 going to much needed repairs to the Reiki House roof. Thank you to all who attended and brought delicious food for everyone to share, and to those who donated gifts for the raffle. Also, thank you for the donations left in the box - it was greatly appreciated and much needed. It was a wonderful way to end the year and welcome in the New Year 2012...the year that Lazaris calls... The Year of Enchantment.
- ☺ The labyrinth was put out at Newtonbrook United church in December to honor the winter solstice. Donations from the walk went to the church's Out of The Cold Drop Inn Centre for the homeless.
- ☺ Congratulations to Maralyn and David Strachan on the safe arrival of a new granddaughter, Emily Grace, born in January.

PLEASE NOTE:

Cheques to the Centre must be made payable to USUI REIKI CENTRE TORONTO for acceptance by the bank. Thank you.

!! New !!

Saturday Morning Lazaris Meditations

We are starting a new series of meditations using the Lazaris' audios from the series "Personal Growth" and "Letting More Love into your Life". This material is being put into CD format and provides wonderful tools to support your spiritual growth through more inner and outer awareness. Discussion and coffee to follow.

Join us on the 2nd Saturday of every month, from 10 am to noon.

Starting February 11th
 March 10th
 April 14th

By donation.

Facilitated by Ale Olmos.

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.

Kids Reiki Class in October 2012



We are very interested in forming a Kids Reiki class in October 2012 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 and register.

New Venue for our Fall Retreat at Stoney Lake near Peterborough

A new venue has been arranged for our annual retreat at Stoney Lake in the first week of October. Irwin Inn is located at the south-east corner of Stoney Lake near Crowe's Landing and has been operated by three generations of the Irwin family. There are over 200 acres of land, including a small golf course and wooded walking trails for hiking or horseback riding. All rooms have private bathrooms and open unto common sitting areas with fireplaces and kitchens.



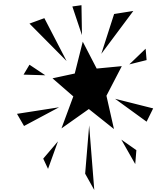
We are very excited about this new location and look forward to seeing you there at the retreat. The cost of this retreat will be the same as last year. A new registration form is on the website and will be included with our next newsletter.

If you no longer wish to receive this newsletter, please call or email the Centre 416-218-0696 or darlene@usuireikitoronto.com

Usui Reiki Centre February 2012

Monthly Highlights

Full Moon February 8th
Lazaris Meditation 11th
Reiki Day February 25th



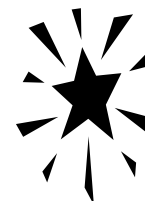
See Centre website at www.usuireikitoronto.com for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Community Reiki 7:30 pm	2	3	4
5	6	7 Creating Your Heart's Desire Workshop 7 pm	8 Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	9	10	11 Lazaris Meditation 10 am - noon
12	13	14  Be mine Valentine No workshop	15 Community Reiki 7:30 pm	16	17	18
19	20	21 Creating Your Heart's Desire Workshop 7 pm	22 Community Reiki 7:30 pm	23	24	25 Reiki Day 10 am - 5 pm
26	27	28 Creating Your Heart's Desire Workshop 7 pm	29 Community Reiki 7:30 pm			

Usui Reiki Centre March 2012

Monthly Highlights

Full Moon March 7th
 Lazaris Meditation 10th
 Reiki Day March 31st



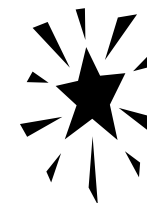
See Centre website at www.usuireikitoronto.com for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 General Meeting 2 pm	5	6 Creating Your Heart's Desire Workshop 7 pm	7 ○ Chanting 6 pm Full Moon 6:45 pm Community Reiki 7:30 pm	8	9	10 Lazaris Meditation 10 am - noon
11	12	13 Creating Your Heart's Desire Workshop 7 pm	14 Community Reiki 7:30 pm	15	16	17
18	19	20 Creating Your Heart's Desire Workshop 7 pm	21 Community Reiki 7:30 pm	22	23	24
25	26	27 Creating Your Heart's Desire Workshop 7 pm	28 Community Reiki 7:30 pm	29	30	31 Reiki Day 10 am - 5 pm

Usui Reiki Centre April 2012

Monthly Highlights

Full Moon April 5th
 Lazaris Meditation 14th
 Reiki Day April 28th



See Centre website at www.usuireikitoronto.com for calendar updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Creating Your Heart's Desire Workshop 7 pm	4 Community Reiki 7:30 pm	5 ○ Chanting 6 pm Full Moon 6:45 p	6	7
8 HAPPY EASTER	9	10 No workshop	11 Community Reiki 7:30 pm	12	13	14 Lazaris Meditation 10 am - noon
15	16	17 Creating Your Heart's Desire Workshop 7 pm	18 Community Reiki 7:30 pm	19	20	21
22	23	24 Creating Your Heart's Desire Workshop 7 pm	25 Community Reiki 7:30 pm	26	27	28 Reiki Day 10 am - 5 pm
29	30					



Reiki

with

John Crundall & Ellen Rose

Certified Reiki Masters from the Usui Reiki Centre
in Melbourne, Australia

Reiki

Reiki means Universal Life Energy. Many cultures dating back to ancient times have had the wisdom and the knowledge that an unseen energy flows through all living things, and is directly related to the quality of health in life. Reiki addresses body, mind and spirit accelerating one's ability to heal one's self. Reiki, as taught by its rediscoverer Dr. Usui, has a simple set of procedures to follow, which were passed down to each of the Reiki Masters who followed his teachings.

Reiki is easy to learn and is simple, effective and safe. Reiki allows anyone to contact this unlimited energy and transmit it through the hands, to themselves and others, creating the space for improved health and enhanced quality of life.

Reiki Level I

\$225.00	Friday	May 4th	7:00 pm-11:00 pm
	Saturday	May 5th	10:00 am-6:00 pm
	Sunday	May 6th	12 Noon-6:00 pm

Reiki Level II

\$525.00	Sunday	May 6th	7:00 pm-11:00 pm
	Monday	May 7th	5:30 pm-Midnight*#
	Tuesday	May 8th	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	<input type="checkbox"/> Deposit \$100.00	<input type="checkbox"/> Full Payment \$225.00
Enroll Me For Reiki Level 11	<input type="checkbox"/> Deposit \$150.00	<input type="checkbox"/> 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.