



# LIGHTLINES

## CELEBRATING UNIVERSAL LIFE ENERGY

January February March 2024

### OUR PLACE IN THE UNIVERSE

Have you ever pondered about humanity's place in this vast universe we live in, the age-old questions about why we are here and what is our purpose? As a young kid, I used to look up into a clear night sky on a summer's evening and marvel at the vastness of the world. So many stars and planets spun around in the heavens (latest scientific estimates range from 100 to 400 billion stars and at least that many planets in our galaxy alone). My youthful vivid imagination envisioned multiple worlds in the seemingly endless expanse of space. When Darlene and I were in Machu Picchu during an evening ceremony, the stars of the milky way formed a solid glistening river across the dark sky, leaving us in awe and wonderment about the greater cosmos we dwell in. Where does mankind fit into this immense spectacle of heavenly bodies. Are we a separate unique creation or are we somehow an intricately connected part of this creation?

Ervin Laszlo, a Hungarian philosopher and systems theorist as well as a Nobel peace prize nominee, said that, according to the quantum theory of the new physics, the universe may be gigantic but it's in us. Not only are we in the universe, the universe is in us because everything that makes the universe what it is, all the information and energy flow, is actually reflected in every cell of our body, in every atom of every cell because we are all interconnected. The great thinkers of antiquity, the Buddhists and Taoists, knew this and considered the universe as an interconnected whole which is infused by a higher spirit. The ancient Mahayana Buddhist concept of the unified field of the universe as Indra's jewel net, having a multifaceted jewel at each vertex with each jewel being reflected in all the other jewels, is a metaphor for the emptiness and interpenetration of all phenomena and mirrors this philosophy.

One of the earliest efforts of the human mind to place itself in the universe was

the I Ching or Book of Changes. First set down in the dawn of history, the Book of Changes was an attempt to interact with the universe energies to gain correct guidance and direction in accordance with the flow of creation. The sixty-four hexagrams represented sixty-four different yet typical situations that can be determined in any moment. To the Chinese mindset, the chosen hexagram that worked out in a certain moment by the casting of yarrow stalks coincided with the changing energies of the cosmos at that time, providing appropriate action in that situation.

The universe is a single resonance field in which all things are connected to all other things which embody information and intelligence to some degree. This is an entirely different view of the world from the standard classical view of a material universe where bits and pieces of matter are just moving about in passive time and space.

The HeartMath Institute is an institute committed to helping awaken the hearts of humanity. They research and develop reliable scientifically based tools that bridge the connection between heart and mind, unlocking their natural intuitive guidance for making better choices. Their latest scientific discoveries have identified that two primary magnetic systems and rhythms of Earth overlap exactly our heart rhythm and our brain rhythm. Our heart and brain are operating at the same frequency as the primary rhythms in the Earth's magnetic field which we all live in. Through resonance, our heart and brain are coupled with the Earth's field. This field we live within and the disturbances in these fields, affect all humans more or less according to each person's sensitivity. As far as we know, the universe is a single resonance field in which all things are connected with all other things. It's a two-way street. As we are affected by the field, we are also feeding the field.

Frank Lloyd Wright, an imminent American architect famous as the creator and expounder of organic architecture sympathetic with the environment,

said, "I believe in God, only I spell it Nature". Mother Earth, Gaia, is a living entity with energetic lay lines and electromagnetic fields. It is likewise evolving along with humanity. We are always sending information out into her realm that impacts other plants and animals. What information is humanity putting out into the local field which is then coupled with the big field of this world? The current turmoil of the world with its diversity, anger, intolerance and wars seems to be mirrored by the earth with its chaotic extremes of weather, global warming, drought, floods, hurricanes, volcanoes and forest fires.

We are not just physical matter according to the old Newtonian worldview, we are created by an underlying invisible quantum field of interfering waves, a non-physical energy pattern, a conscious intelligence, that is inside every physical thing that gives rise to its form. Our thought and actions affect the environment we live in and vice versa. As the Buddha stated, "With our thoughts, we make the world". The divine spark in everyone and everything is connected to the divine source. The indigenous people respected the land and lived in harmony with nature, something forgotten in our materialistic driven world. It's time for humanity to reawaken the intuition and feeling for the land. We are co-creators of our lives and environment in this great adventure of life, and with awareness can hopefully create a better world and a more fulfilled life for humanity.

In love and service  
Brian

### Bicheno Retreat

At Diamond Head Resort  
Bicheno, Tasmania

February 24th to March 02, 2024

Contact Teresa Micalief in Australia at:  
info@usuireikicentre.com  
for details & registration form

### Toronto Usui Reiki Group



E-mail: darlene@usuireikitoronto.com  
Website: www.usuireikitoronto.com

## Message from The Mountaintop

If we are to embody our true spiritual nature, we need to be looking at ourselves through the eyes of love. Recrimination and repression are not the pathways through to enlightenment. Changes that need to occur, patterns of thinking, and acting that need to be released for our spiritual growth, move through the impetus of light and love,

Shame and guilt further entrench the energy that is stuck in the old mind constructs. They were used to prevent our spirits from shining and guiding us, to go beyond those who came before us and to keep us under someone else's control. Shame and guilt turned us against ourselves and covered up our gifts from our awareness to keep the status quo, that gave our power to those who wanted to forward their own agendas. Getting into people's minds and playing on their fears and even creating fears that weren't naturally present, allowed those who wanted power and control to operate mostly in the dark, to create momentum to grow their greedy control of resources that were meant to sustain all of humanity, and nurture the sources that provide-like the Earth, herself.

Frequency technologies were and are subverted and misused. The harmony of co-creation was interrupted and redirected



to serve a few, without regard for the big picture consequences. Turning people against each other, weakens the structure of humanity as a community and creates an atmosphere of desperate survival, rather than a climate where solutions can be birthed and collaborated upon.

Getting through each day, mindlessly, painfully or numbed out, takes you beyond your ability to feel and hear the quiet, loving wisdom of your own heart, your own connection with Source. The strong, steady consciousness that lives within you and sees through the destructive noise and actions that don't want evolution and constructive cooperation to prevail.

You are the phoenix rising from the ashes of all that has challenged you and given you the opportunity to rebirth deeper values, beliefs, and ideals. The higher consciousness that rebirth taps into can envision intervention and manifestation- in your way of being in the world.

Your birthright is Source and its resources, and you came forward to be in harmony with all that offers. You incarnated to be part of the remembering of spiritual values and the actions they inspire. The purification that comes with that, takes you through the fear and pain you carry so you can release it and move yourself to higher ground.

Love and compassion for the you that carried that, allows it to become ashes that

you step out of onto your new path. It is your love and compassion that impel you forward and allows your healing, and when you truly embrace them, you feel them for others during this human journey, wherever they are on their path. When you find the gold within you, you inspire others to find their own within them. Be kind to yourself in your challenges to allow transformation and deeper connection to the Source within you that is within everything in the universe. Your unique gifts can raise the vibration of your reality when you co-create with this part of you.

Love and Light  
Cheryl Cowie.

### Toronto Usui Reiki Group Website

Website at

[www.usuireikitoronto.com](http://www.usuireikitoronto.com)

for information about Reiki events, as well as registration forms and links to the Melbourne site.

### Terrace Meditations With Ellen and John

Tuesday Evenings 7:00 PM EST

Contact Teresa Micallef in Australia for link and instructions at:

[info@usuireikicentre.com](mailto:info@usuireikicentre.com)  
(indicate your country for correct coding)

## FULL MOON MEDITATION & KEYNOTES

Meditation is a potent method of service to humanity when the mind is used as a channel for the reception of the energies of light and love and the will-to-good and their direction into human consciousness. The moment of the full moon each month offers the greatest opportunity for meditation - particularly in group formation - to be used as a means of cooperation with the Divine Plan or Intention for our world. The esoteric Law of Cycles -- the law which is symbolised by the waxing of the moon to full brightness followed by its waning -- affirms that we can consciously cooperate with the flow of spiritual energies.

The energies which are uniquely available at the full moon -- when rightly understood, received and transmitted in meditation -- can be instrumental in helping humanity to move on towards its spiritual goal as an integrated, aligned centre of consciousness within the body of the One in Whom we live and move and have our being. This is the essential objective of monthly full moon meditations.

Take the opportunity to personally meditate on the appointed day, focusing on the keynote for that full moon. In undertaking the service of full moon meditation, the aim is to work imaginatively as members of the new group of world servers, dedicated to world service. Spiritually and telepathically, the group is one and the work is one.

*The soul's meditation is rhythmic and cyclic in its nature as is all else in the cosmos. The soul breathes and its form lives thereby. The rhythmic nature of the soul's meditation must not be overlooked in the life of the aspirant. There is an ebb and flow in all nature, and in the tides of the ocean we have a wonderful picture of an eternal law... the idea of a cyclic response to soul impulses lies back of the activities of a morning meditation, a noonday recollection, and an evening review. A larger ebb and flow is also indicated in the two aspects of the full moon and the new moon."*  
(Alice A. Bailey)

**Thursday, January 26th**

**Aquarius** Keynote:

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

**Saturday, February 24th**

**Pisces** Keynote:

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

**Monday, March 25th**

**Aries** Keynote:

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

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