



The Heart Line

Fall 2006

Usui Reiki Center Santa Barbara



As we near the end of 2006, we reflect on the changes in our lives, our communities, and our world. We wanted to share, here, the journey some of us have experienced. We do this in celebration and gratitude for how far we have come and what we have accomplished and with excitement, joy and anticipation of the opportunities that await us in 2007.

Giving Reiki to Soldiers at Naval Hospital By Joan Langholff and Ingrid Boehm

While in San Diego volunteering for October Reiki II classes, we had the opportunity to give Reiki at the Naval Hospital to injured Marines and Navy war personnel. One of the marines shared how much Reiki has helped him with his recovery. We were grateful for the opportunity to do something to thank them for their service and their sacrifice, and to be a part of the healing.

Sondra Buschmann, Reiki Volunteer Coordinator, mentioned how she has seen major improvements in the soldiers injuries and Post Traumatic Stress Syndrome. Sondra mentioned how one marine had over 22 operations and is now walking but still has pain. After 20 minutes of Reiki on his shoulders, said he felt much better and the pain was gone.

If you are interested in giving Reiki on Thursdays, call Sondra at the Tibetan Healing Center at (800) 315-6663 or (619) 325-0992 or email at sondrab@tibetanacademy.org.

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Just for today, do not worry.

Viamede September 2006 Retreat with John Crundall

Attended by 37 Reiki II Channels from Australia, Canada and the US

Reflections on the Blessed Journey

"Where the dreams that you dare to dream really do come true"

So, you've been to Viamede on retreat and you come home to the ever present question in everyone's mind, "what did you do for the week?"

To a yet to be Reiki Channel, I have the answer I worked on the plane ride home; we worked with dreams and our intentions. Sounds interesting.

To a fellow Reiki channel, "Heck if I know!! BUT it was GREAT!! And I can hardly wait till next year!!

Yes, we worked with our dreams, walked in the clouds, juggled!! (Got to tell you I never thought I would do that!!) We renewed and refreshed our souls with like minded people. And watched the amazing transformation the trees go through. (I tell you a secret; those trees are just mirror reflections)

We did so much and the time flew by. It was quit surprising to realize that it was almost over on Sunday!! Retreat is a grace filled experience, a dance if you will.

Shall we dance again? And again and again.....

PS – to the Toronto chapter of this merry little group, THANK YOU!!

~ Lisa Nicholson



I discovered the parts of myself that have kept me from living my dreams, being all that I can be and doing all I am able to do. I came home with the awareness that God lives in my heart, and all that I need to do to experience more of God's love is to reach out through my heart in my thoughts, words, vision and actions.

~ Joan Langholff

On Cosmic Play...

Juggling is about being in the right place at the right time.

Throwing with just the right energy in just the right direction.

Giving and receiving while making it play.

Continuing beyond the drop (the failure) to experience harmony.

Up, down.

It's all governed by the natural laws those external and internal to ourselves

when these are in harmony the world goes round and round as one.

written by Steve Boehm

I see a teacher coming into his own. Creating new thoughts and imagination to contemplate and explore, and that somewhere over the rainbow there is so much more.

I saw the yellow brick road and got on it.

I took a step forward and now there is no turning back. (no matter how I might try)

I heard small stories and how each one ignited something in everyone.

I listened as worlds were being created and found joy in imagining each one.

I cried, I laughed, I celebrated. I made friends. I learned chocolate has magic healing powers.

And I especially am grateful for the best pink dot ever! and...oh, by the way, did you know Lisa was there?

~ Michelle Rabara

Just for today, do not anger.

KAMPKEEPSAKE 2006

“COME BACK TO THE ISLAND”

By Pamela Fuller

The Santa Barbara Usui Reiki Center was honored to participate in KampKeepsake this year in the beautiful mountains of Malibu.

Anne Lombard, Chrys Cortright and I drove down to what we thought was going to be a rugged camping experience. Far from rugged, the spa staff (as we were coined) were lodged in hotel like accommodations. We drove in through an electric gate to a magical place - the Salvation Army Camp apparently outfitted for handicapped individuals. Our rooms were on the 4th floor with a beautiful view of the mountains and very modern conveniences.

This was Donna Araluce's (Reiki practitioner) 3rd year participating as a camp counselor - perhaps next year she'll join us having hands on. Her job was to be with and support a cancer survivor through the whole weekend and to decorate per the theme which was "Come Back to the Island"- what service!

There were some 300 services offered to pamper, heal and entertain these beautiful family & friends. Craft areas were scattered throughout the grounds offering birdhouse making, fan painting, flower pot painting and many other hands on creative endeavors.

We had 2 rooms, one for sleeping and one for Reiki treatments. We brought our own tables and began our work on Saturday morning early and finished early Sunday. Those that came left feeling a sense of euphoria....definitely loved.

We were not scheduled for evening sessions so we had the opportunity to join the festivities....crafts, music and different shows that were put on for the families and friends of cancer survivors.

Kari -the director of the Spa, would like to have us more involved next year and I'm sure with this early invitation we'll be able to provide more bodies to offer our Reiki hands.

Giving Reiki to Our Community

Cancer Center of Ventura County: Reiki sessions are provided to cancer patients at the Cancer Center of Ventura County. For more information call the Cancer Center at (805) 988-2641.

Visiting Nurse and Hospice Care of Santa Barbara. Reiki session are provided to patients. For more information call **Coordinator of Volunteers Linda Martin** at (805) 690-6274.

Balboa Naval Hospital in San Diego: Reiki sessions are provided to injured Marines and Navy personnel every Thursday. If you want to join Sondra call her at the Tibetan Healing Center at (800) 315-6663 or (619) 325-0992 or email Sondra at sondrab@tibetanacademy.org

Land of Medicine Buddha, Soquel: Reiki sessions offered alternate Sundays from 2 to 5pm. Volunteers needed. For more information email Linda Ojala at lindaojala@hotmail.com

Volunteer Registry: The Usui Reiki Center is getting requests for Reiki's I and II's. [If you are available to accommodate requests for Reiki in your area, please let us know so we can update our volunteer registry.](#) Also, for Reiki II requests we will send you an email with the photograph.

Honor your parents, teachers and elders.

When two or more are gathered...

Reiki and Holiday Celebration, December 16 (in Santa Barbara)

We invite you to come join us in celebration of our Reiki Community and the Holidays at Steve and Ingrid's home. We plan giving each other Reiki starting at 1pm with the potluck dinner to follow. To make sure we have enough massage tables, please RSVP Ingrid as soon as possible by email at Ingrid@usuireikicenter.org or call 877.814.6895. We look forward to seeing you.

Many Hands Make Light Work

Our Reiki Master, Denise Crundall, often said, "Many hands make light work". We depend 100% on our Community to enroll students. Please help us by:



- ♥ **Spreading the word about the upcoming Reiki training.** Share your Reiki training experiences with those who you feel might benefit from the training and give at least one Reiki to someone who has never experienced it before.
- ♥ **Giving Reiki to every Reiki student** prior to Reiki training (not a pre-requisite).
- ♥ **Posting a Reiki Training flyer** (i.e. at your workplace, church, or favorite store).
- ♥ **Telling a nurse** you know about the training and that they can earn up to 30 required education contact hours.
- ♥ **Telling a massage professional** that the Associated Bodywork and Massage Professionals will award up to 30 education hours to their certified members.
- ♥ **Hosting volunteers who live outside of Santa Barbara.** We need your help in providing housing for Reiki students and volunteers. If you live within 30-40 minutes of the Reiki training and are able to host for the weekend or throughout Reiki I and II, please let us know ASAP how many people you can accommodate.

Thank you for your assistance. You share your love through giving.

Healing Circles

A Healing Circles is where Reiki Practitioners come together to do Reiki on one another and/or on someone in need of healing. Several Healing Circles are conducted periodically throughout California. No Healing Circles in your town, well why not think about organizing one? If you are already holding Healing Circles please let the Center know, that way when we receive inquiries we can send interested parties your way. Come join us, whether to give or to receive Reiki.

December, January, February and March Healing Circles

Inland Empire Contact Sharon at Inlandempire@usuireikicenter.org, or call 951. 737. 4424

Reiki I: third Monday from 6:30pm to 8pm - Dec 18th, Jan 15th, Feb 19th, March 19th

Santa Barbara Contact Ingrid at Ingrid@usuireikicenter.org or call 877.814.6895

Reiki I: first Saturday from 10:30am - 12:00pm (*followed by potluck lunch*) - Dec. 2, Jan. 6, Feb. 3, March 3

Reiki II: second Saturday from 10:30am - 12:00pm (*followed by potluck*) - Dec. 9, Jan. 13, Feb. 10, March 10

Ventura Contact Chrys Cortright at 805.653.2399 or Hiroko Oyama 805.766.0651, Reiki Coordinators at the Ventura County Church of Religious Science. Please bring pillows.

Reiki I: second Monday from 7:00pm - 8:30pm - December 11, January 8, February 12 and March 12

Reiki II: by appointment only.

Please Note: The Center offers Reiki I sessions by appointment and facilitates Absent Healing requests with the volunteers in our registry. Visit our website for Reiki Sessions offered in other locations.

Earn your living honestly.

Reiki Class One student's perspective

Reiki has enabled me to be present in the moment, to recognize and enjoy the good things that I have in my life and not to worry about the future—things I don't have control over.

~ Erin Endres

John Crundall's - North America Teaching Schedule - Spring 2007:

Registration forms attached or online. Contact us for more information.

- ♥ April 5-8: Retreat with John Crundall at Land Of Medicine Buddha Soquel, California. The retreat is opened to all Reiki II Channels who have completed Reiki II with Den and John Crundall or have sat in on both Reiki I and II classes.
- ♥ April 13-17: Reiki I and II in **Santa Barbara**.
- ♥ April 14-15: Ellen Rose teaches Kids Reiki in **Santa Barbara**.
- ♥ April 20-22: Reiki I (only) in **Ontario, California**.
- ♥ April 27-29: Reiki II (only) in **San Diego**. Contact Sondra Buschmann in San Diego at 1-800-315-6663 or 1-619-325-0992 or email Sondra at sondrab@tibetanacademy.org
- ♥ May 4-8: Reiki I and II in **Toronto, Canada**. Contact Usui Reiki Centre in Toronto by phone 1-416-218-0696. Online Registration form available at their website at <http://www.urct.org/Registrationform0507.pdf>



John teaches Reiki I and II in North America twice a year, generally in spring and fall. Please visit our website regularly for the most up-to-date schedule. For **Australia and Austria** schedule please refer to our website.

Holiday Shopping? Shop Online and Donate to URC

If you shop online, you can make your safe, secure online purchases through **iGive.com**, and up to 14% of each purchase will be donated to the USUI Reiki Center. **It is all free and private!** You can shop from home, have your merchandise delivered to your doorstep, save money, and support the Usui Reiki Center, all with the click of your mouse!

Shop for just about anything. You can access merchandise from over 650 popular merchants, such as: Amazon.com; JCPenney; Nordstrom; Walmart; Know; Barnes and Noble; Gap; EBay; Lands'End; E-Bay; Wall Street Journal; H&R Block; Enterprise Rent-A-Car; Dish Network; Mrs. Fields Cookies; 1-800-Flowers; Adidas; OfficeMax, Petsmart, Drugstore.com, Hallmark, Dell and many more of your favorites.

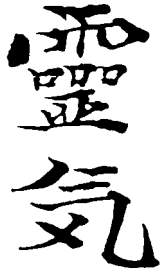
Your free iGive.com membership entitles you to free shipping deals, specials, promotions, exclusive coupon codes, and more great discounts! After your first purchase, \$5 goes to the USUI Reiki Center. This is a WIN/WIN opportunity for you and the USUI Reiki Center.

How does iGive.com work? When **iGive.com** says 12.5% or 8% or 10% to your cause next to a merchant at the Mall, each and every penny goes directly to your cause.

Join FREE at iGive.com. by going to **www.iGive.com** website. The prompt will first ask for your email address, the next prompt will ask you which **cause to support**, type **Usui Reiki Center**. **iGive.com** will never reveal any information about you to anyone without your permission.

Thank you for your support.

Show gratitude for every living thing.



Reiki

with John Crundall

Reiki Master from Usui Reiki Centre, Melbourne, Australia

Reiki I and II Taught in Santa Barbara: April 13-17, 2007

Reiki I Taught in Ontario Santa Barbara: April 20-22, 2007

Contact Usui Reiki Center Santa Barbara for more information

Reiki

Reiki means Universal Life Energy. Many cultures dating back to ancient times have had the wisdom and 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 follow his teachings. One's hands are placed strategically on the body. Reiki's use around the world and in hospitals and medical centers continues to grow.

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

CA BRN approved for Continuing Education units Reiki I (14 hours) and Reiki II (16 hours)

SB: Reiki I ~ \$225 (\$30 discount if paid in full by 3/10/07)

Friday	4/13/07	6:30p.m. to 11p.m.
Saturday	4/14/07	10:00a.m. to 6p.m.
Sunday	4/15/07	Noon to 5:30p.m.

SB: Reiki II ~ \$425 (\$25 discount if paid in full by 3/10/07)

Sunday	4/15/07	6:30p.m. to 11p.m.
Monday	4/16/07	5:30pm to Midnight
Tuesday	4/17/07	5:30pm to Midnight

John Crundall

John began teaching in 1991, in partnership with his beloved wife and spiritual teacher – Denise Crundall. Denise and John Crundall established the Usui Reiki Centre in Melbourne; a healing center which is run entirely by volunteers and funded by donations.

Together they have inspired people around the world teaching Reiki in Australia, USA, Canada, Austria, Germany, Russia and Thailand.

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.

Ontario Reiki I Schedule:

\$225 (\$30 discount if paid in full by 3/10/07)

Friday	4/20/07	6:30p.m. to 11p.m.
Saturday	4/21/07	10:00a.m. to 6p.m.
Sunday	4/22/07	Noon to 5:30p.m.



REGISTRATION (please print). Circle: Santa Barbara or Ontario

Name: _____
Please print your name, as you would like it to appear on your certificate.

Address: _____

City/State/Postal Code: _____

Phone: (____) _____ E-mail: _____

Enroll me for Reiki Level I ___ Deposit \$75 ___ Full payment \$195

Enroll me for Reiki Level II ___ Deposit \$150 ___ Full payment \$425

Also, for students under 18 years of age, Reiki I is \$125 and Reiki II is \$250. Cannot combine discounts.

You can register and pay by check or credit card online at: <http://www.merchantamerica.com/usuireiki>.

Just go to the category on the left that says "Reiki Training".

Or, make your check payable to Usui Reiki and mail to above address.

Map and directions will be sent upon registration.

The USUI Reiki Center admits students, volunteers, staff and clients of any race to all the rights, privileges, programs, and activities generally accorded or made available to its students, volunteers, staff and clients and does not discriminate on the basis of race in administration of its educational policies, admissions policies, scholarship and loan programs, and other school administered programs.



2007 Annual Paid Membership Dues

The Usui Reiki Center (URC) is a California, non-profit, volunteer corporation and is funded 100% by Annual Paid Membership Dues and Donations from its members and supporters.

Membership to the Usui Reiki Center is open to any individual (18 years or older) who supports the mission of the USUI Reiki Center which is to facilitate broader and more in-depth understanding of wellness at all levels, i.e., physically, emotionally, mentally and spiritually. It is our intent to do this by providing Reiki and comprehensive courses to enhance healing universally. We provide Reiki to our community and pursue endeavors with other organizations, i.e., such as hospitals, cancer centers, hospices, churches and civic organizations.

Dues help cover our ongoing operational costs, trainings and events. The annual membership dues are \$50.00 (form below). Show your support of the URC by submitting your 2007 Membership Dues which are now due.

Thank you in advance for your support of the URC.

Please note: being a "Paid Member" is not a requirement to take part in our Reiki Community or the services we offer.



2007 Annual Paid Membership Dues Application *(please print)*

Paid members need to be 18 years or older.

I want to join the Usui Reiki Center of California and support the services it provides. I'm enclosing my application with the amount of \$50.00 for my 2007 Membership Dues.

Name: _____

Address: _____

Phone: (____) _____ E-mail: _____

You can charge your \$50 dues to your Master Charge or Visa by paying online at:
<http://www.merchantamerica.com/usuireiki>. Just go to the category on the left that says "URC Membership".

OR, MAIL completed form and \$50 check payable to: Usui Reiki Center, P.O. Box 41606, Santa Barbara, CA 93140-1606.

For more information call
Usui Reiki Center toll-free at (877) 814-6895, or email SantaBarbara@UsuiReikiCenter.org

Retreat with John Crundall
April 5-8, 2007
Soquel, California
Retreat limited to 45 students

The Usui Reiki Center of Santa Barbara is excited to present a Retreat with John Crundall to be held April 5-8, 2007 in Soquel, California (a few miles south of Santa Cruz). This is an opportunity to gather at one of the holiest times of the year (Easter and Passover). Both of these are powerful moments for millions of people to pause and reflect on their spiritual journey. We gather in world service.

- WHEN:** Commencing at dinner Thursday, April 5 (check-in 4pm) until 2pm Sunday, April 8
- WHERE:** Land Of Medicine Buddha (<http://www.medicinebuddha.org>), Soquel, CA. *The nearest airport to the retreat is San Jose Airport (approximately 30 - 45 minutes away).*
- PRE-REQUISTES:** Opened to ALL Reiki II channels who have done Reiki II with Denise and John Crundall, or have sat in on **both** their Reiki I and II Courses.
- COST:** **\$425.00 (US dollars)**. Includes tuition, all meals, and shared accommodations.
- REGISTRATION:** **\$100 (US dollars) non-refundable deposit due January 1, 2007.**
\$325 (US dollars) balance due by March 1, 2007.

.....
Registration Form

Name: _____
Telephone: _____
E-mail: _____
Address: _____

Meals: All meals are vegetarian meals.

List names of those who you wish to share accommodations: _____

COST: \$425.00 (US dollars)
\$100 (US dollars) Non-Refundable DEPOSIT due January 1, 2007.
\$325 (US dollars) BALANCE DUE by March 1, 2007.

Register and pay online by credit card or check at: <http://www.merchantamerica.com/usuireiki>. Go to category on the left that says "Retreats".

OR,

Make your check payable to USUI Reiki Center, and mail payment and registration to:
Usui Reiki Center, P.O. Box 41606, Santa Barbara, CA 93140-1606.

USUI Reiki Center
P.O. Box 41606, Santa Barbara, CA 93140-1606
Toll-Free Phone/Fax: (877) 814-6895

Email: SantaBarbara@usuireikicenter.org; Website: <http://www.usuireikicenter.org>

Usui Reiki Center is a volunteer organization. We provide Reiki to our community and pursue endeavors with other organizations, i.e., such as hospitals, cancer centers, hospices, churches and civic organizations.

Kids Reiki

Ellen Rose

Reiki Master from
The Usui Reiki Centre, Melbourne, Australia

Reiki is very simple and powerful healing modality, which children and adults alike can learn and do. During this class, children will be tuned into the Reiki frequency and will learn how to use the Reiki energy for:

Healing,
Happiness,
Clarity

Two-Day Kids Reiki
Saturday & Sunday, April 14 and 15, 2007
10am - 3:30 pm
In Santa Barbara
Open to all Kids 6 - 12 years old
Cost: \$60

Bring a pillow and potluck lunch to share

Kids Reiki Registration Form (Please Print).

Please enroll me for Kids Reiki on April 14 and 15, 2007. (Please provide additional names on separate forms.)

Name: _____ Adult Contact: _____

(Please print your name as you would like it to appear on your certificate)

Address: _____ City/State/Zip: _____

Phone Number: _____ Date of Birth: _____ E-mail: _____

You can charge your credit card or pay by check \$60 online at: <http://www.merchantamerica.com/usuireiki>

Just go to the category on the left that says "Kids Reiki".

OR,

MAIL completed form and \$60 check payable to: Usui Reiki Center, P.O. Box 41606, Santa Barbara, CA 93140-1606.

Confirmation, Map and directions will be sent upon registration