



USUI Reiki Center
P.O. Box 41606, Santa Barbara, CA 93140-1606
Toll-Free Phone and Fax: (877) 814-6895
E-mail: SantaBarbara@UsuiReikiCenter.org; Website: UsuiReikiCenter.org



The Heart Line
Spring 2006

Message from John Crundall

A Soul's Journey ...

Going beyond...stepping out, over the door-step, consciously going beyond our boundaries to become more -- the courage to take Reiki I, beyond ridicule, beyond the mocking of the consensus to follow your dream ...

Mere history now, the past, the courage then to believe in self, to offer the self in service of another -- "May I put hands on you?", "Can I help?", "May I be of service?" -- what a step. World healing begins with these words.

And then there is more, another step in consciousness ... "MORE"... Yes, into Reiki II, not too sure what it is but I am ready to take that step and go beyond my boundaries yet again. A door opens to a new awareness, many questions answered and yet many more opened up. A brave new world, a world where all boundaries begin and end, there is so much more to our world. And we become in the blink of an eye a part of that consciousness -- ever expanding, beyond time and beyond space -- and beyond words...The beginning of a conscious recognition of a soul's journey -- a giant step for mankind out of the personal and into the global.

You have stepped willingly and consciously into the "NOW" -- out of the unconscious, through the sub-conscious into the moment in which the light of thought, of reason, of healing can flow without end. That "LIGHT" is the light of your soul. At this moment all boundaries disappear and a world hidden from view, obscured by past and futures is revealed. This moment, so valued by sages and enlightened begins, so revered for its mysteries opens up its abundance to you -- Reiki II.

An intense and personal journey has commenced, consciousness begins to grow and glow, subtle senses expand and even more questions begin to flood the mind as logic, reason and intellect are by-passed by the spirit. Fears of loss of "little me" as the ego panics at its nemesis ... consciousness. Conscious awareness of self banishes the ego to its rightful place -- a messenger or postman in service of LOVE and its twin, WISDOM.

A Soul's Journey...Continued on Next Page

Important Notices

- 1) April's Retreat with John Crundall in Northern California
- 2) John's Teaching Schedule in April and May in North America. *Note: Early Registration Discount is March 20, 2006 for Reiki I and II in Santa Barbara.*
- 3) In an effort to reduce the cost of our quarterly newsletter, *The Heart Line* will be delivered electronically to all persons for whom we have an accurate email address. If we don't have your current email address on file, please email Ingrid at: SantaBarbara@UsuiReikiCenter.org so we may update our records.

Just for today, do not worry.

A Soul's Journey....(continued)

At our first experience of this multi-dimensional world, like a child being born out of the womb into the light, we may close our eyes to comprehend-blink, or step back maybe to contemplate a new future – or perhaps, in 'self' defense. But, eventually we draw in the breath of life – straighten our shoulders and step forward consciously into “the plan of love and light.” Born again as it were into a greater awareness of our world.

Evolution has taken hold and we stepped upon the "path of Grace and embarked upon world serve -- simply by following your heart with courage on its natural evolutionary path. You are already in service, since you acknowledged your spirituality and made a decision, a choice to do something with it -- this then serves your world by raising the level of light available to all.

At a certain stage of your journey you will begin to make more conscious choices on behalf of a great humanity with others in mind and in your heart. Your personality ceases to whinge and whine, bitch and complain, screaming for attention. It stops blaming and starts to take responsibility for the world. You begin to realise that you don't see the world as it is ... you see the world as you are. You think and act with the metaphysical world in heart and mind. And you release your need to be separate and to see yourself in your separateness ... coming together with a great world...community -- the world healing community --out of isolation and ego into adulthood.

This is the Year of Illumination and from what I have witnessed this year -- congratulations to all who serve and incredible gratitude to our teachers who have gone before us -- Thanks Den. Add thanks to all who have participated in a great year.

In love, light and with blessings,

John

(First published in 2005 Issue of Synergy, by our sister center in Melbourne, Australia)

Just for today, do not anger.

John Crundall's - North America Teaching Schedule - Spring 2006:

We are excited to announce John's teaching schedule in North America for April and May 2006. Contact us for more information unless otherwise indicated.

- ♥ April 13-16: Retreat at **Soquel**, California. Registration form is on page 6.
- ♥ April 21-26: Reiki I and II in **Santa Barbara**. Registration form is on pages 4 and 5.
- ♥ April 22 and 23: Kids Reiki in **Santa Barbara** for ages 6 to 12, taught by Ellen Rose. *Note: Kids Reiki class will be taught at same location as Reiki I and II.* Registration form is on page 7.
- ♥ April 28-30: 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 5-9: Reiki I and II in **Toronto, Canada**. Contact Usui Reiki Centre in Toronto by phone 1-416-218-0696 or email: UsuiReikiCentre@sympatico.ca
- ♥ May 12-14: Volunteers Weekend in **Toronto, Canada**. Contact Usui Reiki Centre in Toronto by phone 1-416-218-0696 or email: UsuiReikiCentre@sympatico.ca

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.

Many Hands Make Light Work

Our Reiki Master, Denise Crundall, often said, "Many hands make light work". It speaks of teamwork and how much can be accomplished when people pull together to complete a task.

Giving Reiki to Our Community

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. For Reiki II requests we will send you an email with the photograph.

April Reiki Training - We ask for your assistance

We depend 100% on our Reiki Community for enrolling Reiki students. Please help us spread the word about April's 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. ***Will you make a personal commitment to give Reiki to at least one person between now and April's training classes?***

- ♥ **Volunteer to support the new REIKI channels as they are taking the class.** Please be thinking of whether or not you will be attending the Reiki Training to volunteer to support the new REIKI channels as they are taking the class. You can volunteer as much time as you would like. Mark your calendars and call or email us to let us know when you will be available to volunteer. Please note you can only volunteer at the Reiki level training that you have completed.
- ♥ **Hosting volunteers who live outside of Santa Barbara.** Enjoy the fellowship of hosting a Reiki practitioner. Let us know ASAP how many people you can accommodate.

Board Members Needed

The URC Board of Trustees has lots of plans for our community. If you are interested in serving on the board, email Sharon Guller, President of URC Board of Trustees, at sjguller@earthlink.net.

We are in gratitude for your assistance. You share your love through giving, which, in turn, continues to help each and every one of us grow in our own way and as a community.



Honor your parents, teachers and elders.



REIKI TRAINING

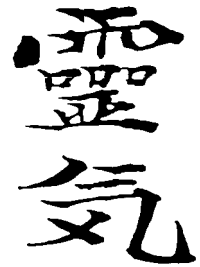
by

John Crundall

Reiki Master from Melbourne, Australia

**Taught at Goleta Valley Community Center
(Just minutes north of downtown Santa Barbara)**

April 21-26, 2006



What is 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 by stimulating vitality and well being. Reiki is an alternative relaxation and healing technique that attempts to equalize the energy imbalances in the body—imbalances that signify physical, emotional pain or strain. Reiki addresses body, mind and spirit accelerating one's ability to heal one's self. Reiki, as laid down 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 Master John Crundall 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, Australia in 1991; 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.

Can anyone learn Reiki? Yes, it is easy to learn and can be taught to anyone. Reiki 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.

Will I be able to give myself Reiki? Yes, and it can be extended to help others safely and effectively. In fact, Reiki may speed the physical and the emotional healing process. Reiki is most effective when the individual you are helping is a willing participant in his or her own healing process.

After the training, what support is available? The Usui Reiki Center has regular meetings in Inland Empire, Santa Barbara and Ventura County to provide Reiki practitioners an opportunity to practice Reiki, introduce Reiki to those who would like to experience Reiki, further our understanding of Reiki teachings and provide an opportunity for healing. The Cancer Center of Ventura County, Pleasant Valley Hospital and Hospice Services of Santa Barbara welcome Reiki practitioners giving Reiki.

“This has been a wonderful enriching and healing weekend. The Reiki attunement was the most powerful experience I have ever had. Reiki assisted me through a process of total transformation and integration of my energies, leaving me in a state of complete empowerment.” Health Care Provider

The Usui Reiki Center is a non-profit, volunteer California corporation and is funded 100% by annual dues, and donations from its members and supporters. We provide Reiki to our community and pursue endeavors with other organizations, i.e., such as hospitals, cancer centers, hospices, churches and civic organizations.

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>

Earn your living honestly.

GENERAL INFORMATION

Reiki I & II Taught at Goleta Valley Community Center

Reiki I ~ \$195*

Friday, 4/21/06 6:30p.m. to 11p.m.
Saturday, 4/22/06 10:00a.m. to 6p.m.
Sunday, 4/23/06 Noon to 5:30p.m.

Reiki II ~ \$425*

Sunday, 4/23/06 6:30p.m. to 11p.m.
Monday, 4/24/06 5:30p.m. to Midnight
Tuesday, 4/25/06 5:30p.m. to Midnight

Please note enrollment for both classes is limited (early registration encouraged) and all finishing times are approximate.

Contact Hours for Nurses. The California Board of Registered Nursing will award to nurses thirty (30) required units upon completion of Reiki I (fourteen contact hours) and Reiki II (sixteen contact hours). Our Continuing Education Provider Number is CEP 13428. For a registration form or for more information, please call the Usui Reiki Center toll-free at (877) 814-6895 or email santabarbara@usuireikicenter.org

The Associated Bodywork & Massage Professionals recognizes this training course for up to thirty (30) continuing education credits to their Certified members.

Dress. Wear comfortable and casual clothes. Jackets and sweaters may be needed for the evenings.

Please Note. No tape recording or videotaping is allowed. Paper, plus water, tea and coffee will be provided. No meals are included in the workshop fee.

Youth Training Prices. Training for Reiki I is \$125 and Reiki II is \$250 for those students under 18 years of age.

Additional Registration Forms. For more visit our website at <http://www.usuireikicenter.org/registration.pdf> ; email santabarbara@usuireikicenter.org; or call the Usui Reiki Center toll-free at (877) 814-6895.



REGISTRATION (please print)

***Early Bird Discount for Registration and Full Payment received by March 20, 2006**

Name: _____

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

Address: _____

Phone: (____) _____ Fax (____) _____ E-mail: _____

I am specifying which training(s) I am taking and payment I am making by checking below:

- Reiki I Training.** Full tuition for training is due and payable prior to class.
- Full payment \$195.** Deposit \$95.
 - Early Registration Discount –Save \$20** when registration form & full payment of \$175 is received by March 20, 2006.
 - Under 18:** Full payment \$125. Deposit \$75.
- Reiki II Training.** Full tuition for training is due and payable prior to class.
- Full payment \$425.** Deposit \$150.
 - Early Registration Discount –Save \$25** when registration form & full payment of \$400 is received by March 20, 2006.
 - Under 18:** Full payment \$250 Deposit \$150.

Parent Signature (if under 18) _____ Date: _____

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

To pay by check, please make your check payable to Usui Reiki Center and mail to: P.O. Box 41606, Santa Barbara, CA 93140-1606

Referred by: _____ (optional)

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.

Show gratitude for every living thing.

Retreat in California with John Crundall April 13-16, 2006

The Usui Reiki Center of Santa Barbara is excited to present a Retreat with John Crundall held April 13-16, 2006 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. Thursday marks the beginning of Easter Weekend and the beginning of 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 (check-in 4pm) until 2pm Sunday

WHERE: Land Of Medicine Buddha (<http://www.medicinebuddha.org>), Soquel, CA

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: \$395.00 (US dollars). Includes tuition, all meals, & shared accommodations.

REGISTRATION: \$395 (US dollars) **balance due by March 9, 2006.**

These retreats are a wonderful way to explore your journey and have with your greater family.

For more information call the Usui Reiki Center toll-free at (877) 814-6895.



REGISTRATION FORM due March 9, 2006

Name: _____

Phone: _____

E-mail: _____

Address: _____

COST: \$395.00 (US dollars) DUE by March 9, 2006.

You can charge your Master Charge or Visa by paying online at:

<http://www.merchantamerica.com/usuireiki>. Just go to the category on the left that says "Retreats".

OR MAIL completed registration form and \$395 check payable to USUI Reiki Center, P.O. Box 41606, Santa Barbara, CA 93140-1606

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 22 and 23, 2006

10am - 3:30 pm

Goleta Valley Community Center
Open to all Kids 6 - 12 years old

Cost: \$60

Bring a pillow and potluck lunch to share

Kids Reiki Registration Form (Please Print) A confirmation & map will be sent after registration is received.

Please enroll me for Kids Reiki on April 22 and 23, 2006. (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 Master Charge or Visa by paying 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.

Visa or Master charge registrations can be faxed toll-free (877) 814-6895.

For more information call

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



2006 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 2006 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.



2006 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 2006 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