



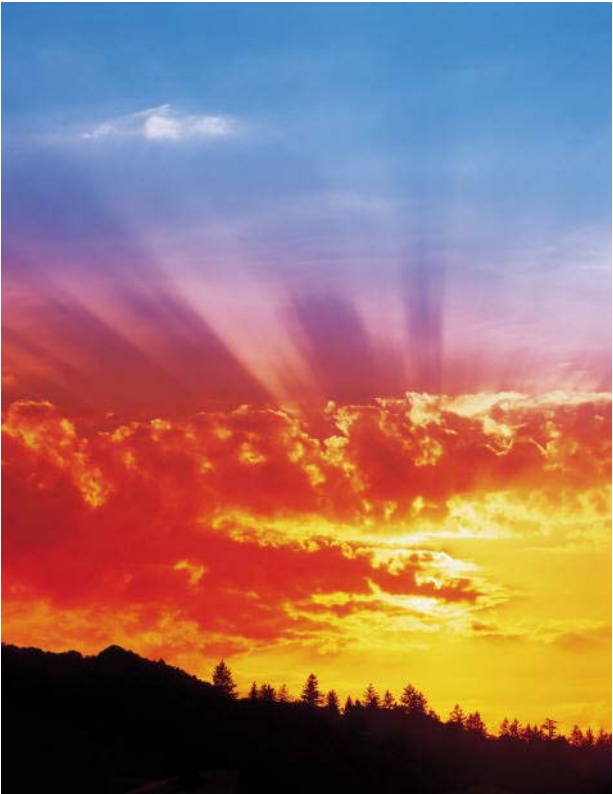
# The Heart Line

Summer 2009  
Usui Reiki Center Santa Barbara



It seems like changes are constant these days. Change is a given, a reality in life, with an ending and a new beginning. Being conscious of change allows us to reach for something new, something greater. To help me embrace changes more gracefully, I've been working on an acronym for the word 'change' which I'd like to share:

- C** - **Courage and Compassion.** Having the courage to grow by taking advantage and finding the strength within ourselves and our God, Source, or That Which Inspires us to take our next step, so we stay on our path. Having compassion instead of judgment for ourselves.
- H** - **Hope.** Having hope to receive our messages and lessons from God, Source, or That Which Inspires. We do not have to do this journey alone.
- A** - **Allowing and Accepting.** Our allowing makes the difference in how we accept our lessons and teachings.
- N** - **Now.** Understanding what truly exists is right Now, this very moment. Yesterday is in the past and tomorrow has not yet been written. It is about being present in the Now.
- G** - **Gratitude and Gift.** Having gratitude for our journey, and when we have gratitude there is an energy shift to a higher vibration in our body that can be felt. We may not like the change, yet there is always a gift, a teaching which allows us to go deeper.
- E** - **Embrace and Enthusiasm.** We can control how changes affect us. Learning to embrace change takes us deeper within ourselves, giving us greater understanding of our lives. When we are in control of how we respond to change, we are free, and can have more enthusiasm for our journey, for our world.



Change is an opportunity to expand and transform ourselves by having greater awareness of our journey and our impact on our community. To quote Joan Borysenko: "saying yes to change is truly about deepening your relationship to what ever is present in your life." And isn't that what we want?

Ingrid Boehm  
Board of Trustees, Usui Reiki Center



## Reiki and BBQ Celebration Saturday, August 8

If you're in the Santa Barbara area, we invite you to come join us in celebration of our Reiki Community at Steve and Ingrid's home. We plan on giving each other Reiki starting at 1pm, with a potluck dinner to follow. Please RSVP so we'll know how many message tables are needed. Contact [ingrid@usuireikicenter.org](mailto:ingrid@usuireikicenter.org) or call 877.814.6895 to RSVP. We'll email you a map with directions. We look forward to seeing you!

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**Just for today, do not worry.**

# STUDENT REFLECTIONS



I came to Reiki a couple of years ago as a result of relationship problems. After a long period of conflict and depression, I had finally come to realize that I couldn't heal him or convince him to seek healing himself - I was responsible for my own healing first and foremost.

I have always known since childhood that stuck emotions resided in different places in my body. After working with a sensitive and gifted Reiki practitioner for just a few sessions, I began to release and forgive emotional and spiritual pain that I had been holding on to for years. Reiki awakened me to my true essence and started me on the road to a lovely spiritual blossoming.

The beauty of Reiki is that it heals in exactly the way one needs to be healed. Since receiving Reiki I training, I have experienced a much greater sense of clarity, energy, ease, and peace. As I lay hands on myself, I continue to heal and blossom; I am so grateful for this gift and the fact that I can share it with others.

Thank you so much John, Ellen, Ingrid, and all of you volunteers. You were all exceptionally kind and went out of your way to accommodate me. I can't say enough about what a gift all of you are and what a blessing Reiki is.

~ Reiki I Student

## **YOU**

*I knew you before your birth  
Your eyes were the evening stars  
Your heart a thousand brilliant suns  
I knew the magic of your face  
Love found me, you -- my child -- a gift  
You shall always know the origin of your love  
In this lifetime and the next...I will know you.*

***Kimmy Jessup***

## My Experience at the Santa Barbara Reiki I Training

My plane landed at the Santa Barbara Airport on Friday... I was on my way to Reiki I training. At 60 years old... I was curious, cautious and open to new experience. My neighbor in Eugene, OR, Florence, had done Reiki on me twice. She said Reiki was a spiritual healing practice. It's hard to write in words about an internal emotional and mental shifting. But I'll try.

Ellen and John welcomed us and started class. The information was interesting, spiritual, new, uplifting. John led us in meditation. It was beautiful. It was powerful. And I started to cry.

Saturday was all day training... Students asked such wonderful questions. This was really good. More training, more blessings, more tears. But I was getting "it" out and finding something wonderful in its place...

Sunday, the last day for Reiki I. We learned more about Reiki in greater depth. We practiced the hand healing steps on each other. We asked questions. I sometimes felt foolish, but it was a beginning. We meditated and we were blessed. We graduated!

I'd love to hear what other people's experiences were. I think it may be a different experience for each of us. We all have varied life experiences. In some ways, we are all the same. We want to be happy. We want to love and be loved....

As the Toltec Shaman Don Miguel Ruiz writes in his book, [The Four Agreements](#), there are truths and there are lies. If we believe the lies we are taught about ourselves, we have pain. Truths and unconditional love are (the) way. They just are. Forever. And they are in us all. We just have to believe and call it up in us. Thank you, John, Ellen, and everyone, for the Reiki teaching and helping (us) feel that.

~ Maggie Ortiz



Dear Beautiful Souls,

I want to thank you all so much for your participation in the Reiki I Workshop this weekend and for giving so completely of your time and love. I felt completely whole and held in the incredible space that was created by our coming together. I would love to stay connected to the community, attend additional trainings and I look forward to finding out about your gatherings in Santa Barbara and places beyond as well. My heart is overflowing in your grace and I send this love back to you as we spiral deeper into that place of knowing with each other and with all in the joyful Oneness of Spirit.

Warm Blessings and Love,  
Linda Kerr

**It was so nice to be a part of the Reiki training in Santa Barbara. Our class was big it seemed and I was impressed by the amount of volunteers that were there to help us all grow and learn to heal. We came together to stretch our minds and we did. We left with our hearts full of possibilities. I now hope to use the power within me to improve each day....**

**A special thanks for the courtyard feast that truly felt like thanksgiving!**

**~ Pat(ricia)**



“It be common purpose  
that draws you together  
and drives this communion  
of Spirit now.”

- Reiki II 6/8/09



## GIVING REIKI

As we expand and grow in our ever changing world, we may want to look for the opportunity to expand our practice and knowledge of Reiki. The Usui Reiki Center has a **Volunteer Registry** to accommodate Reiki II requests. We are looking for Reiki II channels to assist us with these requests.

We also occasionally have requests to give hands on Reiki for individuals or events. If you are interested in volunteering to do Reiki I in your community, let us know.

Please contact [Ingrid@usuireikicenter.org](mailto:Ingrid@usuireikicenter.org) if you are interested in being in service.



## RECEIVING REIKI

If you know of an individual, place or event that is in need of Reiki volunteers, please call or email us with the contact information. Please give us as much notice as possible for the Center to be able to contact and coordinate interested volunteers.

For Reiki II (distant Healing) requests, please send or email the Usui Reiki Center a picture of the recipient and an address to which we can send the Reiki II.

### Introduction to Reiki

Do you know of a group or organization that would benefit from or be interested in learning more about Reiki? Sharon Guller and Ingrid Boehm are available to do presentations in the community. In the past, we have done presentations for Health Care Professionals such as Holistic Nurses Association, Physician Groups and Hospital Administrators; support groups for Breast Cancer, Multiple Sclerosis, and Bereavement as well as events such as the American Cancer Society Relay for Life and Senior Health Fairs.

These one hour presentations are relaxed and informal, providing an overview and explanation of Reiki, it uses and effects. We also provide hands on Reiki during the class allowing the participants to experience Reiki. Classes are free and approved by the CA BRN (Provider # 13428) for 1 contact hour.

If your organization or group would like to know more about Reiki, please contact us at [SantaBarbara@UsuiReikiCenter.org](mailto:SantaBarbara@UsuiReikiCenter.org) or call Toll Free 877.814.6895

*The Heart Line* is a collection of stories, articles, information about upcoming Reiki classes, events and other news items. We are asking for your contribution to our Reiki newsletter. We are interested in anecdotal stories of your own experiences of any kind of healing that may have been aided by Reiki. To share your story, email us at [SantaBarbara@UsuiReikiCenter.org](mailto:SantaBarbara@UsuiReikiCenter.org).

# HEALING CIRCLES

Reiki Practitioners come together in Healing Circles to practice Reiki and grow in understanding of this healing frequency. You'll find below our schedule of California Healing Circles with dates for August. If you plan on attending one of our Healing Circles, please schedule with your host at least 24 hours prior to the session, so that we make sure we have enough massage tables. We will have a brief meditation before each session.

## LA, Orange, Inland Counties

Contact: Sharon Guller at [sjguller@earthlink.net](mailto:sjguller@earthlink.net) or call 951.737.4424  
Reiki I: 4th Saturday of the month, 1-4pm  
Reiki II: By appointment – please call to schedule  
Location: Sharon's home in Corona; please call or email for address and directions

## Palm Springs

Contact: George Melton at 760.992.8770  
Reiki I: 2nd and 4th Wednesday of the month 6:30-8:30pm.  
Location: PSSEC

## San Diego

Contact: Sondra Buschman at [sondrab@tibetanacademy.org](mailto:sondrab@tibetanacademy.org) or call 619.325.0992  
Reiki I: 1st Wednesday of the month  
Reiki II: 3rd Wednesday of the month  
Location: Tibetan Healing Center

## San Jose

Contact: Joan Langholff at [joanlangholff@yahoo.com](mailto:joanlangholff@yahoo.com) or call 408.504.2066  
Reiki I: Last Sunday of the month starting July 26  
Location: Please call for address and directions

## San Luis Obispo

Contact: Karen Rogers at [animagyk@yahoo.com](mailto:animagyk@yahoo.com) or call 805.277.7523  
Reiki I: Friday, August 14 from 6-9pm (potluck dinner)  
Reiki II: By appointment – please call to schedule  
Location: Various locations; please call for address and directions

## Santa Barbara

Contact: Ingrid or Steve Boehm at [ingrid@usuireikicenter.org](mailto:ingrid@usuireikicenter.org) or call 805.969.4948  
Reiki I: Saturday, August 22 from 10:30am - 1pm  
Reiki II: Tuesday, August 25 from 1:30pm - 4:00pm  
*Please bring a picture of someone in need of healing (which can be yourself), paper, pen and a pillow.*  
Location: Steve and Ingrid's home

## Ventura

Contact: Pamela Fuller at [pfuller@keepingintouch.org](mailto:pfuller@keepingintouch.org) or call 805.340.5517  
Chrys Cortright at [cmcortright@sbcglobal.net](mailto:cmcortright@sbcglobal.net) or call 805.653.2399  
Hiroko Oyama at [hirokoseaside@yahoo.com](mailto:hirokoseaside@yahoo.com) or call 805.766.0651  
Reiki I: Please call  
Reiki II: By appointment – please call to schedule  
Location: Towne House 4900 Telegraph Road in Ventura in the Community Service Room, Lower Level.



Please note: Other times available by appointment. Please call the contact for your area to schedule a Reiki I or II for yourself or for someone else.

**Show gratitude for every living thing.**

# John & Ellen - North America Teaching Schedule - Fall 2009

John and Ellen teach 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 as well as their schedule for Australia. Registration forms are attached or online. Contact us for more information.

**Santa Barbara** - Goleta Community Center (Early bird discount when registered and paid in full by August 15, 2009.)

**September 11-13: Reiki I**

**September 13-15: Reiki II (evenings)**

To register: Pay online using check or credit card at <http://www.usuireikicenter.org>. Go to "Classes and Retreats". Or complete and mail in the Registration form (on the next page or print a copy from our website)

## **San Diego**

**September 18-20: Reiki II (only)**

Contact Sondra Buschmann at the Tibetan Healing Center at 800.315.6663 or 619.325.0992 or email at [sondrab@tibetanacademy.org](mailto:sondrab@tibetanacademy.org).

## **Toronto**

**September 24-26: Reiki I**

**September 26-28: Reiki II (evenings)**

Contact Usui Reiki Centre Toronto at 416.218.0696 or email [usuireikicentre@sympactico.ca](mailto:usuireikicentre@sympactico.ca)

**Palm Springs** - Palm Springs Spiritual Enrichment Center

**October 16-18: Reiki I**

Contact George Melton at 760.992.8770.



## **Viamede Resort, Peterborough, Canada**

**October 4-11: Retreat with John Crundall and Ellen Rose**

Reiki II is a prerequisite for retreat attendance. Participants must have taken Reiki II with Denise or John Crundall, or have Reiki II and have sat in on both their Reiki I and Reiki II classes.

For more information, go to the Usui Reiki Centre Toronto website at: <http://urct.org/Viamede2009.pdf>

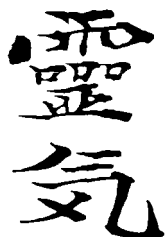
## **Reiki Training**

**We appreciate your support in helping others experience this gift of Reiki...**

### **Please help us spread the word:**

- ♥ **Share your Reiki training experiences** with those who you feel might be interested.
- ♥ **Give Reiki** to someone who has never experienced it before.
- ♥ **Post a Reiki Training flyer** (i.e. at your workplace, church, or favorite store).
- ♥ **Tell a nurse** (they can earn up to 30 required education contact hours).
- ♥ **Tell a massage professional** (the Associated Bodywork and Massage Professionals will award up to 30 education hours).





# Reiki

with John Crundall and Ellen Rose

**Reiki Masters from Usui Reiki Centre, Melbourne, Australia**  
Taught at Goleta Valley Community Center (minutes north of Santa Barbara)  
September 11-15, 2009

## 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 is 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.** During class **students can receive Reiki** while learning Reiki.

**URC approved by California BRN Provider #13428** for:  
14 Contact Hours for Reiki I, and 16 Contact Hours for Reiki II

### Reiki I ~ \$225 ~ save \$30 if paid in full by 8/15/09

Friday 9/11/09 6:30pm to 11pm  
Saturday 9/12/09 10:00am to 6pm  
Sunday 9/13/09 Noon to 5:30pm

### Reiki II ~ \$475 ~ save \$25 if paid in full by 8/15/09

Sunday 9/13/09 7:00pm to 11pm  
Monday 9/14/09 5:00pm to 11:45pm  
Tuesday 9/15/09 5:00pm to 11:45pm

## John Crundall and Ellen Rose

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. There are now sister centers in other states in Australia, as well as California and Toronto, Canada.

Together, John and Denise inspired thousands of people around the world, teaching Reiki in Australia, Austria, Canada, Germany, Russia, Thailand and USA.

In June of 2002, Denise made her transition, and now, John, with the assistance of Reiki Master Ellen Rose, carries the Light of Reiki in Her name. Their journey continues through dedication and commitment to the Lineage and Love of Reiki. John and Ellen's warmth, wit and wisdom make them gentle and powerful teachers, and their love inspires all who step into the energy of Reiki to heal and discover their own spirituality.

We are committed to honoring our lineage from Dr. Mikao Usui to our Reiki Masters Denise and John Crundall.

### Contact information:

Usui Reiki Center  
P.O. Box 41606, Santa Barbara, CA 93140-1606  
Toll-Free Phone/Fax: (877) 814-6895  
Email: [santabarbara@usuireikicenter.org](mailto:santabarbara@usuireikicenter.org)  
Website: <http://www.usuireikicenter.org>



## REGISTRATION (please print)

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 \$95  Full payment \$225 (note: \$195 if paid in full by 8/15/09)

Enroll me for Reiki Level II  Deposit \$150  Full payment \$475 (note: \$450 if paid in full by 8/15/09)

*For students under 18 years of age, Reiki I is \$125 and Reiki II is \$250 (cannot combine discounts).*

*Prepaid tuition refunded 75% with cancellation up to one day prior to first day of class.*

Register and pay online at <http://www.usuireikicenter.org>. Go to "Classes and Retreat". Select "Pay Online"  
Or make your check payable to *Usui Reiki Center*. Mail to P.O. Box 41606, Santa Barbara, CA 93140-1606.

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.

USUI Reiki Center Santa Barbara  
P.O. Box 41606  
Santa Barbara, CA 93140-1606  
<http://www.UsuiReikiCenter.org>



## Shop Online and Donate to URC Santa Barbara

If you shop online, you can make safe, secure online purchases through **iGive.com**, and up to 14% of each purchase will be donated to the USUI Reiki Center. You can shop from home, have your merchandise delivered to your door, 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, JC Penney, Nordstrom, Walmart, Barnes and Noble, Gap, Ebay, Lands' End, Wall Street Journal, H&R Block, Enterprise Rent-A-Car, Dish Network, Mrs. Fields Cookies, 1-800-Flowers, OfficeMax, PetSmart, Drugstore.com, Hallmark, Dell and many more of your favorites.

**Join FREE at [www.iGive.com](http://www.iGive.com).** The first prompt will ask for your email address. The next prompt will ask you which cause to support. **Please type in Usui Reiki Center.**

Your free [iGive.com](http://www.iGive.com) membership entitles you to free shipping deals, specials, promotions, exclusive coupon codes, and more great discounts! (iGive.com will never reveal any information about you to anyone without your permission.)

**Thank you for your support!**