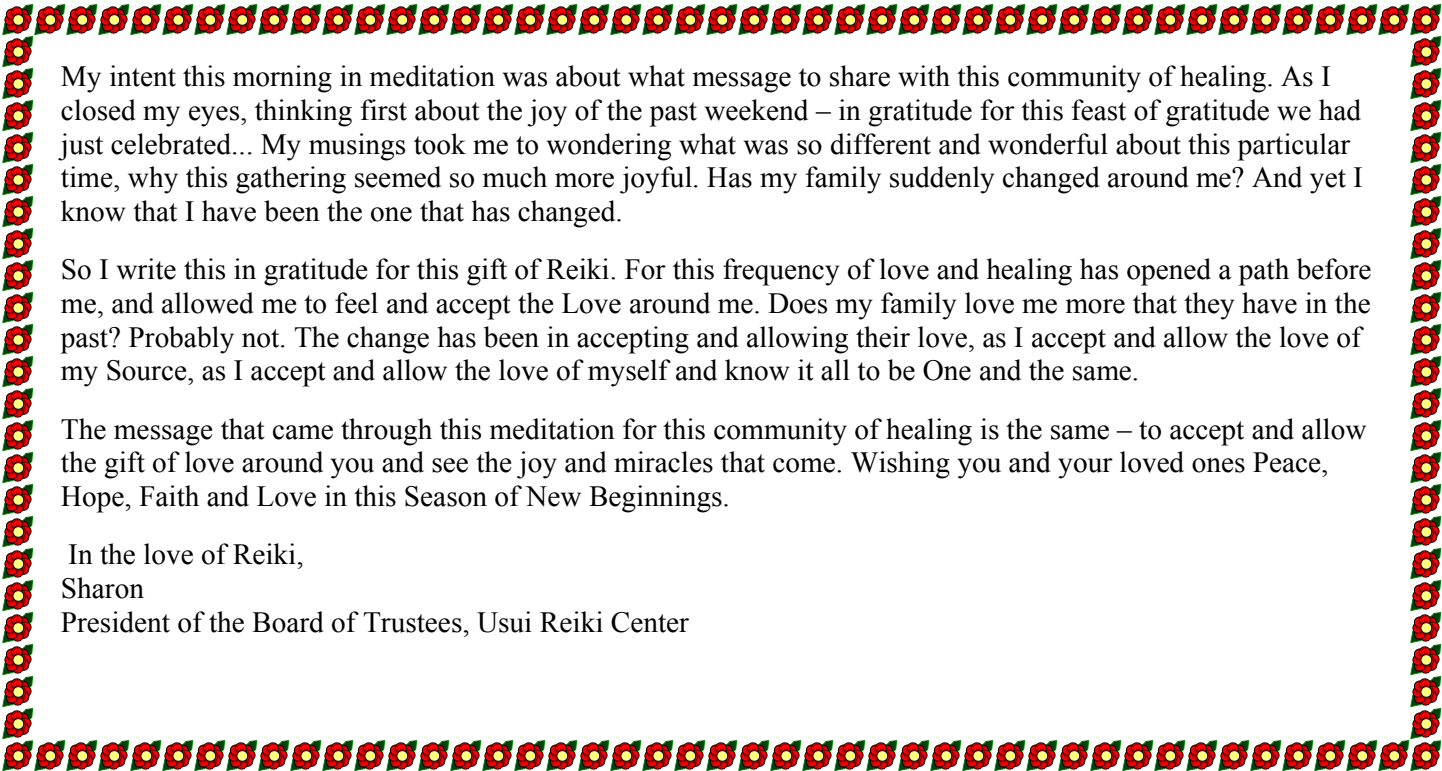




# The Heart Line

Winter 2007

Usui Reiki Center Santa Barbara



My intent this morning in meditation was about what message to share with this community of healing. As I closed my eyes, thinking first about the joy of the past weekend – in gratitude for this feast of gratitude we had just celebrated... My musings took me to wondering what was so different and wonderful about this particular time, why this gathering seemed so much more joyful. Has my family suddenly changed around me? And yet I know that I have been the one that has changed.

So I write this in gratitude for this gift of Reiki. For this frequency of love and healing has opened a path before me, and allowed me to feel and accept the Love around me. Does my family love me more that they have in the past? Probably not. The change has been in accepting and allowing their love, as I accept and allow the love of my Source, as I accept and allow the love of myself and know it all to be One and the same.

The message that came through this meditation for this community of healing is the same – to accept and allow the gift of love around you and see the joy and miracles that come. Wishing you and your loved ones Peace, Hope, Faith and Love in this Season of New Beginnings.

In the love of Reiki,  
Sharon  
President of the Board of Trustees, Usui Reiki Center

## Celebration of Reiki Community & the Holidays December 8, 2007

If you're in the Santa Barbara area, we invite you to come join us in celebration at Steve and Ingrid's home. We will start at 1pm giving each other Reiki with a potluck dinner to follow. Please RSVP Ingrid as soon as possible at [Ingrid@usuireikicenter.org](mailto:Ingrid@usuireikicenter.org) or call 877.814.6895. We look forward to seeing you!



### In This Issue

Student Reflections.....	2
Reiki Class Schedule and Info.....	3
Reiki in the Community.....	4
Healing Circles.....	5
Shop Online and Donate to URC.....	5
Retreat Reflections.....	6
California Retreat with John & Ellen.....	7
Reiki I & II Registration.....	8
Membership Dues Form .....	9

*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).

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



## Student Reflections

Reiki is transformational, inspiring and life changing. My Reiki training was more than I had ever expected. I recall the weekend starting out with John telling the class “this weekend is about your healing.” What a concept: learning a healing technique for self instead of only learning it for others. This was a new and exciting concept for me. What the weekend turned out to be in manifest was beyond my expectations. This training provided an avenue for me to acknowledge the path of healing that I need to follow in this life. The symbols that were presented in my vision during our last group meditation gave me answers to questions I have had all my life. I feel free and supported in challenging my obstacles and moving forward in the work that I have been wanting to do for so many years. Thanks to Reiki and the beautiful guiding hearts of John, Ellen and the volunteers who participated in the training and continue to support my growth as a Reiki channel through heart circles, I am not afraid anymore to move forward and explore my life in the way I had chosen from the beginning. I am just now beginning to move out of the shadows of my past and living vibrantly in this lifetime and in this moment. I am aware and have met my angels, my guides. I am open to the innate power and acknowledge the loving energy that flows through my body in abundant supply. Reiki is the greatest facilitator to living life in bliss, vibrant with symbol and miraculous occurrences.

Kendra Ford

I felt that the Reiki 1 training with John and Ellen was exceptional! I'm so glad that I participated. The instruction and guidance, along with the group support was an incredible experience. I would recommend it for anyone interested in "plumbing their depths", whether they intend to practice on others or not.

Victoria De Maio  
Yoga Instructor

I realize now why I have waited to write about my experience of taking the Reiki I course in Santa Barbara, CA. I needed more time to allow the profound spiritual concepts to settle in my psyche. I found the training to be of excellent quality and the support of staff and volunteers incredible. The impact of the initiations and meditations has been empowering for me. This work has created a gentle way to open my heart again and validated my strong connection to angels. John and Ellen were both insightful, patient and kind. Through their willingness to share their experiences I found myself beginning to trust myself much more thoroughly. John spoke of seeing feathers as indicators that angels are present, I have felt blessed to follow my heart and to be fortunate enough to find that feathers are in my path. I am grateful to John and Ellen for sharing Denise's vision and to all who make these courses possible. I believe everyone would benefit from taking this course. All it takes is a willingness to learn and an open mind.

Theresa Vogel



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



## Reiki Training

We appreciate your support in helping others experience this gift

### 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).

### Volunteer...

- ♥ Give Reiki to a Reiki student prior to Reiki training (not a pre-requisite).
- ♥ Volunteer at Reiki classes to put hands on and support the students and teachers.
- ♥ Host 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.

## John & Ellen - North America Teaching Schedule - Spring 2008

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

**March 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](mailto:sondrab@tibetanacademy.org)

**April 4-8: Reiki I and II in Santa Barbara.**

**April 11-15 (4 nights): Retreat with John Crundall and Ellen Rose 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 25-29: Reiki I and II in Toronto, Canada.** Contact Usui Reiki Centre in Toronto by phone 1-416-218-0696 or email [usuireikicentre@sympatico.ca](mailto:usuireikicentre@sympatico.ca).

**May 2-4: Reiki workshop in Toronto, Canada.** Contact Usui Reiki Centre in Toronto by phone 1-416-218-0696 or email [usuireikicentre@sympatico.ca](mailto:usuireikicentre@sympatico.ca).

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 the schedule for Australia and Austria.

Honor your parents, teachers and elders.

*Where two or more are gathered...*



### The Palm Springs Reiki Clinic

Last year, I sold my house in San Francisco and retired to Palm Springs for a simpler life. Subsequently, after a year of decompression, I asked spirit to guide me to my real purpose for being in the desert. A short time later, I reconnected with my Reiki family at the classes in San Diego and through a Reiki II I did on my self, realized what I needed to do: establish a Reiki Clinic at my church and eventually bring John and Ellen to the desert for classes.

A few weeks later, my church announced they were sponsoring a health fair and I realized this was the opportunity I had been waiting for: I decided to invite my Reiki Family to Palm Springs to help create a Reiki Clinic at the fair. At the Reiki II classes in San Diego this fall, I approached a number of friends and asked if they would be interested in coming to Palm Springs to assist me in my vision. Sondra Buschmann, Lt. Commander Tanya Wallace and Toni Lozano from San Diego, Sharon Guller from Corona, and Melanie Randolph from L.A. answered my call for help and made the trip in October. Everyone was a guest at my house for the weekend.

During the course of the fair on Saturday, we ran our Reiki clinic, consisting of three tables, on a donation basis only. By the end of the day, we had done 15 Reikis and collected over \$400 dollars, which we gifted to the church. Our clinic was the most successful entry in the fair. Tired but gratified, we retired to my house for pomegranate margaritas and a pool party. It was a relaxing end to a truly gratifying day.

Last March, I casually mentioned to John and Ellen that I hoped to bring them to Palm Springs to teach. At the time, they were exhausted from a grueling schedule of classes and offered me little hope it would happen. I haven't had a chance to ask them again, but when the time is right, I will. Until then, I'm working on the theory that "if I build it they will come." It will be interesting to see what Spirit has in store for the future.

George Melton

### Giving Reiki to Our Community

- ♥ **Volunteer Registry:** Please contact us if you are available to do Reiki I or II in your area, or to be included in our Volunteer Registry. 877-814-6895 or [SantaBarbara@UsuiReikiCenter.org](mailto:SantaBarbara@UsuiReikiCenter.org)
- ♥ **Cancer Center of Ventura County:** Reiki sessions are provided to cancer patients. For more information call the Cancer Center at 805-988-2641.
- ♥ **Visiting Nurse and Hospice Care of Santa Barbara.** Reiki sessions 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. Contact Sondra at the Tibetan Healing Center: 800-315-6663 or 619-325-0992 or email [sondrab@tibetanacademy.org](mailto: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](mailto:lindaojala@hotmail.com)

**Earn your living honestly.**

## Healing Circles

Reiki Practitioners come together in Healing Circles to practice Reiki and grow in understanding of this healing frequency. Come join us. Please contact your host at least 24 hours prior to the session if you're planning to attend or bring a guest, to assure there are enough massage tables.

### Inland Empire

Sharon Guller at [sharon@usuireikicenter.org](mailto:sharon@usuireikicenter.org) or call 951.737.4424

### San Luis Obispo

Karen Rogers at [animagyk@yahoo.com](mailto:animagyk@yahoo.com) or 805.277.7523

Heather Noble at [reiki.hands@hotmail.com](mailto:reiki.hands@hotmail.com) or 805.235.5478

Reiki I: Saturday, January 19th, February 16th and March 15th from 9:30a.m.-noon

Reiki II: by appointment

### Santa Barbara

Ingrid or Steven Boehm at [ingrid@usuireikicenter.org](mailto:ingrid@usuireikicenter.org) or call 877.814.6895 toll-free

Reiki I: Saturday, January, 19, February 16, March 22 from 10:00am - 12:00pm

Reiki II: Wednesday, January 16, February 20, March 19 from 7:00 - 8:30pm. (Bring a picture for someone in need of healing, which can be you.)

### Ventura

Chrys Cortright at [cmcortright@sbcglobal.net](mailto:cmcortright@sbcglobal.net) 805.653.2399

Hiroko Oyama at [hirokoseaside@yahoo.com](mailto:hirokoseaside@yahoo.com) 805.766.0651

Pamela Fuller at [pfuller@keepingintouch.org](mailto:pfuller@keepingintouch.org) 805.340.5517

Reiki is held at The TowneHouse 4900 Telegraph Rd in the Community Service Room, Lower Level.

Reiki I and Reiki II: by appointment only

In addition to the regularly scheduled Reiki gatherings listed above, Reiki I sessions are available by contacting the location nearest to you. Please direct Absent Healing requests to the Usui Reiki Center. Visit our website for Reiki Sessions offered in other locations.



### Holiday Shopping? 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, JCPenney, 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://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!**

Show gratitude for every living thing.

## **“Where the Dream and the Path Become One” Retreat Reflections**

*John Crundall and Ellen Rose had a one week retreat in Canada, hosted by our sister center in Toronto. In September, Reiki Channels from Australia, Canada and the U.S. came together to experience the magic and miracle of transformation. We are in gratitude to Collista and T.J. for their willingness to share their journeys...*



I had 'my dream' on 9/23...a full week before arriving at Viamede. At first...I thought 'my dream' to be something of a nightmare...or a weird soul-travel experience. However, during Viamede...it was VERY apparent that my HS had set me up for more success, discovery, and journeying...clearing belief systems that are holding me back from my gifts...and for lighting the way to a higher place of joy, wonderment, power, and remembering. Briefly: the 'totem' I was working around was only a 'splinter'...a mountain out of a mole hill...and I was given permission by my 'Guide' (in the Hall of Records) to "Stamp it and put it in the basket for later". What a liberation...what a feeling...how joyous to be able to move on without having to explain everything and/or dutifully 'honor' all that has come into my life...whether it is deserving of the honor or not! What joy! What elation! What Freedom!!!

While I sat one morning, in a meadow...listening to my fellow spirits (Trees, Birds, The Wind)...The Crow brought back a memory...a memory and belief from the work done at Land of Medicine Buddha. I quickly pinned my 'Destiny', my 'Dream'...my 'Vision'.....

I am The Resonance Chamber.

I am sight,

I am sound,

I am touch,

I am the feeling of all that is love.

I am here to Intensify the Light, the Sound, the Being.

I give the gift of Light to those who cannot see, the gift of Sound to those who cannot hear, the gift of Love to those who are afraid to Be.

I...AM The Resonance Chamber.

Thank you all, for being part of my Journey...

Love, Light, Laughter....

Collista

Viamede was truly magical. I had heard others make that very statement....Now I know it to be true! The beauty of the location coupled with the warmth of community laid the ground work for an exceptional transformational experience. John and Ellen's ability to facilitate the transformation is second to none.

Today I have found myself back in the normal daily routine. Yet with a significant difference in how I view the world around me. I have a fresh look on the work I need to concentrate on for my journey and to better inspire others on their journeys. And I have a new addition to the memories that take me to a "happy place"!

- TJ



**Mark your calendar for 2008 Retreats (Reiki II is a prerequisite)**  
*Tasmania, Australia (3/8-3/15), California (4/11 -4/15) and Viamede, Canada (9/28–10/5)*

# Retreat with John Crundall and Ellen Rose

April 11-15, 2008

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 11-15, 2008 in Soquel, California (a few miles south of Santa Cruz). We are grateful for the opportunity to bathe a little bit longer in this frequency of Love, Healing and Community that is Reiki. We gather in world service and continue the journey of healing.

- WHEN:** Commencing at dinner Friday, April 11 (check-in 4pm) until 11am Tuesday, April 15
- 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:** **\$495 (US dollars)**. Includes tuition, all meals, and shared accommodations.
- REGISTRATION:** **\$150 (US dollars) non-refundable deposit due January 1, 2008.**  
**\$345 (US dollars) balance due by March 1, 2008.**

---

## Registration Form

**Name:** \_\_\_\_\_  
**Telephone:** \_\_\_\_\_  
**E-mail:** \_\_\_\_\_  
**Address:** \_\_\_\_\_

**Meals:** All meals are vegetarian meals.

**List names of those who you wish to share accommodations:** \_\_\_\_\_

**COST: \$495 (US dollars)**  
**\$150 (US dollars) Non-Refundable DEPOSIT due January 1, 2008.**  
**\$345 (US dollars) BALANCE DUE by March 1, 2008.**

**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 to address below.**

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>

Usui Reiki Center is a California, non-profit, 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.



# Reiki

with John Crundall and Ellen Rose

Reiki Master from Usui Reiki Centre, Melbourne, Australia

Reiki I and II Taught April 4-8, 2008

at the Goleta Valley Community Center (minutes north of downtown Santa Barbara)

## 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 3/1/08)

Friday	4/4/08	6:30p.m. to 11p.m.
Saturday	4/5/08	10:00a.m. to 6p.m.
Sunday	4/6/08	Noon to 5:30p.m.

### SB: Reiki II ~ \$425 (\$25 discount if paid in full by 3/1/08)

Sunday	4/6/08	6:30p.m. to 11p.m.
Monday	4/7/08	5:30pm to Midnight
Tuesday	4/8/08	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.

### Contact Information

Usui Reiki Center  
P.O. Box 41606  
Santa Barbara, CA 93140-1606  
**Phone:** Toll-Free Phone/Fax (877) 814-6895  
**Email:** [SantaBarbara@UsuiReikiCenter.org](mailto:SantaBarbara@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 3/1/08)

Enroll me for Reiki Level II    \_\_\_ Deposit \$150    \_\_\_ Full payment \$425 (note: \$400 if paid in full by 3/1/08)

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.



## 2008 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 2008 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.*



## 2008 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 2008 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](mailto:SantaBarbara@UsuiReikiCenter.org)