



# The Heart Line

Summer 2007

Usui Reiki Center Santa Barbara



## An Invitation....

Dear Friends,

As we welcome summer, our hope is that this letter finds you in loving energy and peace. We continue to realize with so much going on in the world and with ourselves just how important it is to have and show gratitude, as we take a few moments each day to acknowledge and show our gratitude.

We continue to discover more and more how each of our choices affects ourselves as well as the group. The dynamics of it all is inspiring. In the realization that we are all connected, it is easier to understand how simple it can be to work and love one another and know peace within.

April was an incredible opportunity to go deeper within ourselves and with the community. Part of our commitment as members of the Usui Reiki Center is to expand and build our Reiki community. We do this through reaching out to touch another in the love of Reiki, in our daily practice, through Reiki classes and retreats with John and Ellen.

We invite you all to come be part of the healing. Join in the fun, joy and magic in celebration of this gift we share.

With Love,  
Sharon and Ingrid  
Executive Board of Trustees

## Reiki and BBQ Celebration, July 21

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. To make sure we have enough massage tables, please RSVP Ingrid as soon as possible by email at [Ingrid@usuireikicenter.org](mailto:Ingrid@usuireikicenter.org) or call 877.814.6895. We look forward to seeing you!



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*The Heart Line* is a collection of stories, articles, 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.**

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## One Student's Journey

(April Santa Barbara Reiki I class)

I was just in the shower when this came flooding through me and I had to jump out and write it down.

I want to share my story, brief though it may be for now. I am currently in the midst of what I will call a profound miracle. Nothing happening to someone else, it's happening inside of me. I feel peace for the first time since I can remember. I feel whole and without need. I feel like, to use the Christian term, I've been saved. Nothing can take me back to where I was. There is so much joy in my life and I know that nothing has changed but my own sight. I am so overwhelmed with gratitude for everyone who has been a part of the last 20 years of my journey that I am sitting in my home, conditioner dripping down my back, wrapped in a fluffy blue towel and crying as I write this. I can't express how much each person that has touched my life truly means to me. For my friends that have held me with love and support through my hard times to the ones that have challenged me every step of the way, and for those that just looked on with confidence that I would be okay, that I was *never broken*, no matter how I tried to tell them I was.

I have stopped fighting the love that has been offered to me every day of my life. I have stopped stubbornly holding on to the old truths that I thought I needed, no matter how much they hurt me or limited me. I have a new truth: I have purpose here in this lifetime and no one could convince me otherwise! I have had the most beautiful Spiritual awakening and I feel like letting go—taking that leap of faith out of desperation—has saved my life and will continue to put me where I need to be. To those that this may scare or those that may find it too weird to connect with, it's okay. If you can't take this, I completely understand. Thank you for what you have given me. I love you. I will be here when you return. For those that celebrate this in my life and in your own, I understand now! I get it!

Someone once told me I had to be an expert in everything I do. I don't need that anymore. I don't feel like I'm competing anymore. I am and will be, regardless. I have had moments of joy and beauty in my life, but this! Everyone in my life has helped me get here and I had only meant for this to be a letter of thanks. So, thank you. I have to go finish my shower now.

LOVE!!!

Heather N.

Just for today, do not anger.

# Reiki Training

“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



## **We depend on our Reiki community to help enroll and support students!**

Here are some ways you can help others experience this wonderful gift:

### **Spread the word about upcoming Reiki training...**

- ♥ **Share your Reiki training experiences** with those who you feel might benefit from the training.
- ♥ **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.

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

## **John & Ellen - North America Teaching Schedule - September 2007**

**September 7-11: Reiki I and II in Santa Barbara.** Registration forms are available online. Contact us for more information.

**September 14-16: 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)

**September 21-25: 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).

**September 30– October 7: Retreat at Viamede Resort in Peterborough, Canada.** This retreat is opened to all Reiki II channels who have done Reiki II with Denise and John Crundall, or have sat in on their courses (both Reiki I and II). Costs for retreat is \$795 (Canadian Dollars). This includes course fee, all meals and shared accommodations. *Please note the \$150 deposit (Canadian Dollars) is now due.* Registration forms are available at Toronto's website: <http://urct.org/Viamede2007.pdf>

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. **For Australia schedule please refer to our website.**

**Honor your parents, teachers and elders.**

# Retreat Reflections

*In April, over Easter weekend, 25 Reiki channels from the U.S., Canada and Australia came together to the Soquel Mountains at the Land of Medicine Buddha to experience the magic and miracle of transformation with John Crundall and Ellen Rose. We are in gratitude to Jane and Heather for their willingness to share their journeys...*

I signed-up last minute for this retreat, my life was in a furious downward spiral of disease (multiple sclerosis), stress and fighting. When my friend suggested I do it, I saw it as the opportunity I could use to help get my life back on track. Three long weeks later, retreat day was here so we drove to the beautiful Land of Medicine Buddha just outside Santa Cruz. The space is serene, simple and spiritual, however, I was a little nervous – what if I didn't know what to do? what if no-one liked me?...

There was, of course, no need for me to worry. Everyone on the retreat was lovely and we all shared a huge understanding: the power and healing potential of Reiki. We worked hard, till 11pm the first night, till 10:30pm the following nights; we shared, cried, listened, talked and delved deep, deep into our subconscious, negative selves. We remained on track and focused throughout, even through the night we observed our dreams; and the weekend culminated, on Easter Sunday, (the day of new beginnings), in an exercise of Transformation.

My healing that day was tangible. During the final exercise, I got to experience a painful symptom of the disease disappear. Since transforming myself into a new reality without disease I have seen other symptoms heal every day as well as feeling a wonderful strength, peace and the ability to observe myself and those around me. I have seen my saboteur, but have the clarity and tools to say No.

I am truly grateful for the brilliant guides, Masters of Reiki, John Crundall and Ellen Rose (and the strong presence of Denise) who led me to places inside myself I had manipulated so cleverly I didn't know were there. And I thank every one on the retreat for sharing themselves with us all. And finally I have huge gratitude for my Higher Self for pulling me out of the diseased space I was in and showing me that ultimately Love is the most powerful thing of all.

With Gratitude,  
Jane P.



WOW

Another year another great experience. It took me awhile to understand this transformation. I went deeper and transformed a thought/feeling that has been with me for many, many years and has effected all aspects of my life. I was reborn to a new Heather with nothing holding me back. Thank you so much. I look forward to seeing everyone next year.

Light and Love,  
Heather S.

*Mark your calendar: 2008 Spring Retreat, March 20-23 at the Land of Medicine Buddha*

**Earn your living honestly.**

*Where two or more are gathered...*



Our Teachers tell us that there is power in coming together, in like thought and action. A study done in 1993 showed that a group practicing Transcendental Meditation, concentrated in one area over a specific time, created a reduction in the amount of crime in that area.\*

To expand the impact of our community, we invite you to participate in our own “experiment” of a weekly gathering in spirit. Please join us, wherever you are, on Wednesday evenings between 9-10 pm, in the frequency of healing, with the intent of healing ourselves and our world. Be Divinely guided in whichever modality you prefer, whether it be a moment of silence, of prayer, meditation, or doing Reiki I or II on yourself or another. Gandhi said, “Be the change you wish to see in this world.” We can change the world.

\*Reference: Hagelin, J.S., Rainforth, M.V., Orme-Johnson, D.W., Cavanaugh, K. L., Alexander, C.N., Shatkin, S.F., Davies, J.L, Hughes, A.O, and Ross, E. 1999. Effects of group practice of the Transcendental Meditation program on preventing violent crime in Washington D.C.: Results of the National Demonstration Project, June-July, 1993. Social Indicators Research, 47(2): 153-201.

## 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.** Contact Sharon Guller at [Inlandempire@usuireikicenter.org](mailto:Inlandempire@usuireikicenter.org) or call 951.737.4424

**Reiki I:** third Tuesday, **July 17 & August 21** - 6:30pm to 8:00pm

**Reiki II:** by appointment only

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

**Reiki I:** first Saturday, **July 7 & August 11** - 10:30am to noon (Potluck lunch to follow.)

**Reiki II:** second Wednesday, **July 11 & August 8** - 7:00pm to 8:30pm (Bring paper, pen, pillow, and a picture of someone in need of healing, which can be you.)

**Ventura.** Contact Chrys Cortright at 805.653.2399 or Hiroko Oyama, at 805.766.0651 Reiki Coordinators Reiki is held at The TowneHouse 4900 Telegraph Rd in the Community Service Room, Lower Level. Please bring pillows. Be sure to park in visitor designated areas; in green areas as you enter the facility; along the fence on the side, or on the street.

**Reiki I:** second Monday, **July 9 & August 13** - 7:00pm to 8:30pm

**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.

## 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)

Show gratitude for every living thing.



# Reiki

with John Crundall and Ellen Rose

Reiki Master from Usui Reiki Centre, Melbourne, Australia

Reiki I and II Taught September 7-11, 2007

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 8/5/07)

Friday	9/7/07	6:30p.m. to 11p.m.
Saturday	9/8/07	10:00a.m. to 6p.m.
Sunday	9/9/07	Noon to 5:30p.m.

### SB: Reiki II ~ \$425 (\$25 discount if paid in full by 8/5/07)

Sunday	9/9/07	6:30p.m. to 11p.m.
Monday	9/10/07	5:30pm to Midnight
Tuesday	9/11/07	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.

### 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 8/5/07)

Enroll me for Reiki Level II    \_\_\_ Deposit \$150    \_\_\_ Full payment \$425 (note: \$400 if paid in full by 8/5/07)

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](mailto:SantaBarbara@UsuiReikiCenter.org)