



# The Heart Line

Winter/Spring 2010  
Usui Reiki Center Santa Barbara



## RETREAT

- ◆ to remove yourself from where you are, where you have been, to step back, to step in.
- ◆ a time for rest, restoration, renewal, rebirth, reclaiming the spirit within, reconnecting with the Divine, and returning to prayer, quiet, meditation, and communion.
- ◆ an opportunity to be held in a space and a community that allows the individual an opportunity to change, to grow, and to be in this safe place.

As we enter this season of preparation for rebirth, I invite you to be inspired by the retreat experiences shared in the following pages, that you might consider spending some quality time with yourself and your Source in community away from the distractions of everyday life.

Wishing you all the love, happiness and holiness of the season.

Sharon

Sharon Guller  
President, Board of Trustees  
Usui Reiki Center



### In This Issue

Retreat Reflections.....	2-3
Retreat Information.....	4
Healing Circles.....	5
John & Ellen's Teaching Schedule .....	6
Reiki Class Registration Form.....	7

*The Heart Line* is a collection of stories, articles, information about upcoming Reiki classes, events and other news. We are asking for your contribution to our Reiki newsletter, anecdotal stories of your own experiences 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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# RETREAT REFLECTIONS

The Retreat was Wonderful.

My learning from walking with my higher self in the woods. (amazing experience as he was there talking to me holding my hand)

- 1) You can not make anyone love you.
- 2) My higher self loves me more than the trees have lived. More than my human body can imagine.
- 3) Allow people to love you.



This sounds simple though is something I have worked on a lifetime.

Thanks for the wonderful journey. See you next year.

In light and love,  
Heather

Thank you very much for everything that you did to make the logistics fall into place. It helped to set the scene, for the first days of the rest of my life.

Lots of love from Annie

Just wanted to share this song, written by my niece during the time I was in Retreat at Viamede.  
– Sharon Guller

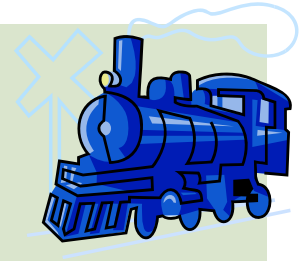
*Where Did I Go Wrong?*

Where did I go wrong? I thought I was supposed to give it all my very best shot! Where did I go wrong through the process? I lost my hope, lost my courage, lost my strength and lost my speed! In the end, it all got way too blurry; so I wanna know, where did I go wrong? In the very last moments, I remember them so well; I never dared think it might be my last "Farewell!" I held on tightly, I blasted them with power, but they took hold of me and took my only blasters! I felt pain in my legs, pain in my arms, fangs in my legs, fangs in my arms. The snakes beat me! They—they beat me! Never before had that happened to me, they beat me! Then I realized where I had gone wrong. How could I have been so foolish to recognize life as a song, where you control the things you sing, where you control them all! 'Cause, life's no song, you sing, you just sing along! Then I was even more foolish not to admit being defeated! I learned my lesson, 'cause life's not a song, life is the music and you sing along! Now, now, now I know where I went wrong, how could I have been so foolish to recognize life as a song? 'Cause life is the music, and you just sing along.

By Elly McClanahan (age 9, Reiki channel), October 2009



# The Reiki Rocket: In Truth, a Love Story



This labour of love commenced as a result of a few inspired lines which likened life's journey to a train ride. Not a rushed express ride, but one of grace and elegance, where we can travel together as an extended family or community, not forgetting to have lots of fun on the way.

Welcome aboard the Reiki Rocket.

**Operating Principles:** We apply only Five Principles that ensure a smooth ride without struggle...

1. **Just for today do not worry:** our helpful pink cap staff are there for you and they've been here before; we understand!
2. **Just for today do not anger:** sometimes the emergency stop button is pushed either consciously or unconsciously, and that's OK. The Reiki Rocket continues untroubled by these small illusionary hiccups.
3. **Honour your parents, teachers, and elders:** this clause covers everyone under one of its headings, ensuring all are valued for their unique contribution to the on-board community.
4. **Earn your living honestly:** There is no place for artifice or deceit on the Reiki Rocket. Self awareness and honesty in all things are highly valued.
5. **Show gratitude to every living thing:** Appreciate your surroundings and the countryside we are passing through. Sit and marvel at the beauty of creation all around you as we continue on our journey. Special scenic viewing cars are available if you need a little more inspiration.

**Suspension of the Time-Space Continuum:** This allows us to be anywhere at any time, so we have dispensed with printing a fixed timetable or station listing. We can therefore offer a front door pick-up at a time to suit you, as an additional included service. How's that for service!

**Bookings:** On line; your details are immediately entered into our on-board Database, and your journey has started!

**Payment for Services:** All services, meals, etc. provided on your journey are included in the fare. Current cost: you may be asked to give everything you are and have.

**Departure Times:** No set times are in place; we await your booking. Nobody is Left Behind, Pick-ups Only, No set-downs.

**Destination:** Home, at the end of the line, and all stops in between; and after a short layover, the journey continues.

**Direction:** We always travel down the line towards 'Home' (aka: the Love)

**Route:** We were restricted in the past to those areas with rails (some people's accents make it sound like 'rules'). We are now a multi gauge service, available worldwide without restriction.

**Arrival Times:** Our services are individually tailored to your requirements, and always arrive on time.

**Seat Allocations:** No numbers, we treat you as valued individuals and recognise your potential. Your seat already has your name upon it even before you booked.

(excerpt from Kevin Tims, inspired during Viamede Retreat 2009)



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

# Retreat at Land of Medicine Buddha with John Crundall and Ellen Rose April 8-12, 2010

Come join us in this life changing experience, and celebrate this opportunity to go deeper in understanding yourself, your purpose and your world.

**WHEN:** Commencing at dinner Thursday, April 8 (check-in 4pm) until 11am Monday, April 12, 2010.

**WHERE:** Land of Medicine Buddha in Soquel, California (a few miles south of Santa Cruz.) Website address: <http://www.medicinebuddha.org> (San Jose is the closest airport, approximately 30 - 45 minutes away.)



**PRE-REQUISITES:** Opened to ALL Reiki II channels who have done Reiki II with Denise or John Crundall, or have sat in on both their Reiki I and II Courses.

**COST:** \$595.00 (US dollars). Includes tuition, all meals, and shared accommodations.

**REGISTRATION:** \$150.00 (US dollars) non-refundable deposit due now.  
\$445.00 (US dollars) non-refundable balance due by March 1, 2010.

### Reiki Registration. You can register and pay online or by mail.

**Online Registration:** Register and pay online using your credit card or check by going to our website at <http://www.usuireikicenter.org> (go to bottom of homepage)

**Registration by Mail:** Please use the registration form available from our website at <http://www.usuireikicenter.org>. Go to ""Classes and Retreats" and mail registration form with your check.

For more information email [SantaBarbara@UsuiReikiCenter.org](mailto:SantaBarbara@UsuiReikiCenter.org) or call (877) 814-6895.



### Reflections on Walking the Full Moon Labyrinth...



After an intense week of yoga and meditation prior to coming to Ingrid's and Steve's labyrinth, my personal labyrinth experience allowed me to come full circle during a week of inner exploration going deep into my Self. I went into the labyrinth with an open heart, no attachments to a grand plan for my journey to the middle of the labyrinth and that's what made it special. With each twist and turn, I released 1 burdensome thought or emotion that came to me at the time that blocked the flow of my being in harmony with my true self. I can feel my heart opening more with each turn. By the end of the walking meditation into the circle, I felt a lightness and inner peace. Feeling the positive energy of the group made it even more special. With appreciation and gratitude to all who were there to share this experience with and to Ingrid and Steve. Love and light to all.

~ Maria Carbonell Elliott

# 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. 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: Saturday, February 20 and March 20, 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 Buschmann 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: Sunday, February 21, March 21, April 18, from 1-5 pm  
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: Saturday, February 27 and March 27 from 10 am -noon  
Reiki II: By appointment — please call to schedule  
Location: 1179 9th Street, Los Osos

## Santa Barbara

Contact: Ingrid or Steve Boehm at [ingrid@usuireikicenter.org](mailto:ingrid@usuireikicenter.org) or call 805.969.4948  
Reiki I: Saturday, March 27 from 10:30am - 1pm  
Reiki II: Saturday, February 27 and Sunday, March 28 from 10:30pm - 1:00pm  
*Please bring a picture of someone in need of healing (which can be yourself), paper, pen and a pillow.*  
Walking Labyrinth under Full Moon: Sunday, February 28. More info later.  
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 [hirokoeseaside@yahoo.com](mailto:hirokoeseaside@yahoo.com) or call 805.766.0651  
Reiki I: 2nd Saturday from 1-4 pm  
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 - Spring 2010

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 and Austria. 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 March 20, 2010.)

**April 23-25: Reiki I**

**April 25-27: 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**

**April 30, May 1-2: Reiki II (only)**

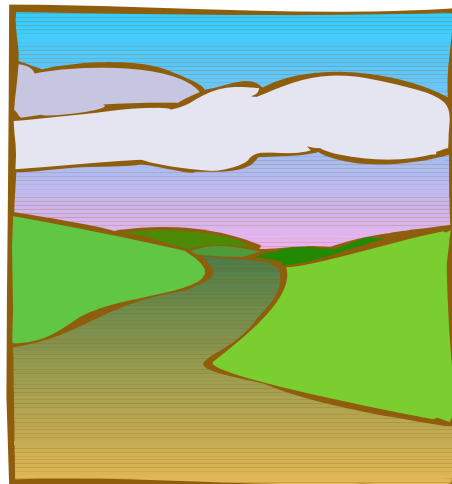
Contact Sondra Buschmann at the Tibetan Healing Center at 800.315.6663 or 619.325.0992 or email at [sondrab@tibetanacademy.org](mailto:sondrab@tibetanacademy.org).

**Toronto**

**May 7-9: Reiki I**

**May 9-11: Reiki II (evenings)**

Contact Usui Reiki Centre Toronto at 416.218.0696 or email [usuireikicentre@sympactico.ca](mailto:usuireikicentre@sympactico.ca). Website: <http://www.urct.org/>



### A Reiki Student's Story...

I just thought I'd share my Reiki story of this weekend. I just finished the Reiki I and II class last weekend, and Friday I went hiking with a friend and we made a difficult scramble down to the creek and I had a couple of little falls and was unharmed. But then later, coming back up out of the gorge, climbing hand over hand, and leaping across boulders, I landed just wrong on my leg in a way that made the knee hurt A LOT when I put my weight on it. I stopped and did the reiki symbol and touch on it rather quickly and was then able to continue the scramble to the top of the gorge. When we got up to the trail, however, I fell again and got all banged up. Had to lean on my friend all the way out. But it was OK. Later that evening I squatted down to get something out of a cupboard and my knee totally popped out. Big pain, couldn't put any weight on it at all -- and I was freaked out because I had to start teaching my class today and lead them on a hike. So I went over and lay down with my foot up and did the whole front reiki on myself saying, "what do I need to heal?" I had my leg up on a pillow and it came to me to move my ankles around a little. This I did, and felt a little pull, so I took the other foot over to torque it just a tiny bit more, and voila there was a little pop in my knee and everything was perfectly fine again. So, it allowed my body to tell me what it needed to heal. There was no stiffness in the morning, I taught my class without a limp, and now am just recovering from the minor scrapes and sore muscles that would be normal after taking such a hike after a summer of loafing around. I think the fact that I needed to heal quickly in order to teach all those people the next day gave it extra power because it was a purpose beyond myself.

Thanks -- Sue Reinhart





# 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)  
April 23-27, 2010

## 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 3/20/10

Friday 4/23/10 6:30pm to 11pm  
Saturday 4/24/10 10:00am to 6pm  
Sunday 4/25/10 Noon to 5:30pm

### Reiki II ~ \$475 ~ save \$25 if paid in full by 3/20/10

Sunday 4/25/10 7:00pm to 11pm  
Monday 4/26/10 5:00pm to 11:45pm  
Tuesday 4/27/10 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  
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 1  Deposit \$95  Full payment \$225 (note: \$195 if paid in full by 3/20/10)

Enroll me for Reiki Level II  Deposit \$150  Full payment \$475 (note: \$450 if paid in full by 3/20/10)

*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>



Membership dues help cover our ongoing operational costs, trainings and events. Thank you in advance for your support in helping bring Reiki to your community.



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## 2010 Annual Paid Membership Application

(Paid members need to be 18 years or older.)

I want to join the Usui Reiki Center of California as a Paid Member and support the services it provides. I'm submitting my \$50 Membership Dues.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

To remit your \$50 Membership Dues:

Pay online at our website at: <http://www.usuireikicenter.org>. Go to the bottom of our home page to process your online payment.

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