

~ Lunch and snacks and drinks are included in all these classes ~

SHODEN (Reiki I) & OKUDEN (Reiki II):

Saturday, September 11 **OR** 18, 2010 /// 9:00 a.m. -- 7:00 p.m. (approx.)

(Shoden students will finish by mid-afternoon; Okuden students will spend the whole day)

SHODEN (Reiki I)

class limit -- 10 students // cost - \$150 (see brochure for discounts on combination packages)

In this workshop we will explore:

- What is Reiki?
- How does it work?
- What Mikao Usui taught
- The Reiki Principles and their importance

We will also practice an energy-cleansing procedure and a self-empowerment procedure. Energetic initiation and certificate will be given, and we will practice a Reiki self-treatment (*please bring a blanket or pad to lie on, if desired*). There will also be time for Reiki questions and answers.

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OKUDEN (Reiki II) / *for students already initiated into Reiki and practicing at level I or higher*

class limit -- 10 students // cost - \$200 (see brochure for discounts on combination packages)

In this workshop we will explore:

- What Mikao Usui taught
- Reiki kotodama *
- Reiki symbols
- How “distant healing” works

We will also practice an energy-cleansing procedure and a self-empowerment procedure. Energetic initiation and certificate will be given, and we will practice “sending” Reiki to each other. There will also be time for Reiki questions and answers.

* Kotodama (“spirit words”) are primal sounds. They are believed to have the ability to bring things into existence. Mikao Usui used them to help his students increase their awareness of certain aspects of Reiki. (The Reiki symbols were introduced only near the end of Usui’s life, taught only to a few of his final students.)

SHINPIDEN (Reiki III):

Sunday, September 12 **OR** 19, 2010 /// 10:00 a.m. -- 6:00 p.m. (approx.)

for students who are already practicing at level II or higher

class limit -- 10 students // cost - \$300 (see brochure for discounts on combination packages)

In this workshop we will:

- Explore the question, “What really happens in a Reiki empowerment?”
- Review the 4 Usui Reiki symbols
- Practice using Reiki kotodama *
- Practice giving Reiju empowerment **

Energetic initiation and certificate will be given. You will learn to initiate others into Reiki. There will also be time for Reiki questions and answers.

* Kotodama (“spirit words”) are primal sounds. They are believed to have the ability to bring things into existence. Mikao Usui used them to help his students increase their awareness of certain aspects of Reiki. (The Reiki symbols were introduced only near the end of Usui’s life, taught only to a few of his final students.)

** Reiju is the energetic empowerment procedure taught by Mikao Usui to some of his students. Dr. Hayashi later replaced it with a procedure called Jikiden – which was changed by Hawayo Takata, into the modern Attunement.

About the presenter:

Don Beckett is an American Reiki student, who has been teaching since 1999. He has had the good fortune of receiving instruction from Mr. Hiroshi Doi (a member of the Usui Reiki Society in Tokyo) and from Frank Arjava Petter and Chetna Kobayashi. He has received Reiju through Mr. Doi, Richard Rivard, Tom Rigler, and Andrew Bowling.

He is especially grateful for information from a group of centenarian Reiki teachers in Japan, who were taught by Mikao Usui himself – information that Beckett received via Chris Marsh and Taggart King, Reiki teachers in England. Also, for important information from other Japanese students of Usui, received through Dave King and Melissa Riggall, Canadian Reiki teachers and researchers.

Mr. Beckett is the author of *Reiki, The True Story* (North Atlantic Books, 2009). His websites are <http://johreiki.net> and <http://reikithetruestory.com>.