

# Schedule of Events for 2007

- February 3-4** **Monterey, Nuevo León, Mexico**  
**Weekend Student Gathering facilitated by Phyllis** **2200 Pesos**  
contact: Rogelio email: [reikimonterrey@yahoo.com.mx](mailto:reikimonterrey@yahoo.com.mx)  
For Reiki students wishing to meet with Phyllis and other students.
- February 8-11** **Casa Azul, Santiago Tepetlapa, Mexico**  
**First Degree Immersion facilitated by Phyllis** **6300 Pesos**  
contact: Elizabeth Warnholtz email: [elwarn@prodigy.net.mx](mailto:elwarn@prodigy.net.mx) 52-739-395 18 52  
For Reiki students wishing to explore their own First Degree Practice in Usui Shiki Ryoho.
- February 8-11** **Tampa, Florida, USA**  
**First Degree Reiki Class taught by Paul** **\$150 USD**  
Contact: Gerri Jackson email: [jngrone@earthlink.net](mailto:jngrone@earthlink.net) 1-352-588-9855  
For people who wish to learn the Usui System of Natural Healing also Usui Shiki Ryoho.
- February 7-11** **Tampa, Florida, USA**  
**Second Degree Reiki Class taught by Paul** **\$500 USD**  
Contact: Gerri Jackson email: [jngrone@earthlink.net](mailto:jngrone@earthlink.net) 1-352-588-9855  
For First Degree Students who are called to take the next step of Usui Shiki Ryoho.
- February 14-16** **Cuernavaca, Morelos, Mexico**  
**Retreat for Masters facilitated by Phyllis** **4000 Pesos**  
contact: Ulises Calatayud email: [ulises@innersearch.org](mailto:ulises@innersearch.org) 52-55 2106 9290  
For Reiki masters.
- February 17-28** **Cuernavaca, Morelos, Mexico**  
**Weekend Student Gathering facilitated by Phyllis** **2500 Pesos**  
Contact: Aleema Fontaine email: [aleemafo@gmail.com](mailto:aleemafo@gmail.com) 52-777-313 76 01  
For Reiki students wishing to meet with Phyllis and other students.
- March 14-18** **Mckenzie Bridge, Oregon, USA**  
**Masters' Intensive: The Initiation of Masters facilitated by Phyllis** **\$1600 USD**  
Contact: Luellen Garrett-Spencer  
For masters of Usui Shiki Ryoho with over 8 years of teaching. Participation with application.
- March 21-25** **Cataldo, Idaho USA**  
**Living Our Spirituality in Reiki: A Retreat facilitated by Paul** **\$425 USD**  
Contact: Paul D. Mitchell email: [pauldm@earthlink.net](mailto:pauldm@earthlink.net) 1- 208-682-4427  
For Reiki students wishing to ground their lives in their spirituality in Reiki.
- April 1-10** **Serene Retreat, the Gower, Wales, UK**  
**Master Candidate Retreat facilitated by Phyllis** **£700**  
Contact: Sian Cornelius email: [siancornelius@hotmail.com](mailto:siancornelius@hotmail.com) 44-785 4113640  
For Second Degree students who are preparing for mastery with Phyllis Furumoto.

# Schedule of Events for 2007

- April 9 - 15** **Wettenbostel, Germany**  
**The Way to Harmony facilitated by Paul** **700 Euro**  
Contact: Irene Gelmi email: [IreneGelmi@t-online.de](mailto:IreneGelmi@t-online.de) 49-40-6561-397  
For Reiki Students wanting to develop self-awareness, balance, and center.
- April 18 –22** **Wettenbostel, Germany**  
**Living Our Spirituality in Reiki: A Retreat facilitated by Paul** **480 Euro**  
Contact: Irene Gelmi email: [IreneGelmi@t-online.de](mailto:IreneGelmi@t-online.de) 49-40-6561-397  
For Reiki students wishing to ground their lives in their spirituality in Reiki.
- May 1 – 8** **Lunteren, the Netherlands**  
**The Annual Reiki Alliance Conference attended by Phyllis and Paul** **975 to 1075 Euro**  
Contact: Jan Meijer email: [conferenceteam2007nl@yahoo.com](mailto:conferenceteam2007nl@yahoo.com)  
Masters who are members of The Alliance or masters wishing to become members are welcome.
- May 11** **Kiev, Ukraine**  
**A Day for Masters facilitated by Phyllis and Paul** **Not known**  
Contact: Olga Melnikova (Avrati) e-mail: [melnikova@pole.com.ua](mailto:melnikova@pole.com.ua) 38-050-3402980  
For masters of Reiki wishing to spend a day together with Paul and Phyllis.
- May 12-13** **Kiev, Ukraine**  
**Weekend Student Gathering facilitated by Phyllis and Paul** **Not Known**  
Contact: Olga Melnikova (Avrati) e-mail: [melnikova@pole.com.ua](mailto:melnikova@pole.com.ua) 38-050-3402980  
For Reiki students.
- May 15 –19** **Koktebel, Ukraine**  
**Masters' Intensive: Usui I facilitated by Phyllis and Paul** **1200 Euro**  
Contact: Olga Melnikova (Avrati) e-mail: [melnikova@pole.com.ua](mailto:melnikova@pole.com.ua) 38-050-3402980  
For masters wishing to review or get to know the basic form and principles of Usui Shiki Ryoho.
- April 31-June 3** **Woodbrookershuis, Barchem, Gelderland, the Netherlands**  
**The Four Aspects of Usui Shiki Ryoho facilitated by Phyllis** **560 Euro**  
Contact: Boudewijn Luterink email: [B.Lutgerink@betuwe.net](mailto:B.Lutgerink@betuwe.net) 31-6-289 78 373  
For students of Usui Shiki Ryoho to experience the Four Aspects.
- June 8-10** **Woodbrookershuis, Barchem, Gelderland, the Netherlands**  
**A weekend exploration for Public Practitioners facilitated by Phyllis** **275 Euro**  
Contact: Rebecca Breedhof email: [reikicentrum.zijn@hetnet.nl](mailto:reikicentrum.zijn@hetnet.nl) 31-70-367 7964  
For Reiki students (including masters) interested in exploring the difference between public practice and the folk art practice.
- June 22-24** **Cataldo, Idaho, USA**  
**Reiki Practitioner Support Weekend facilitated by Paul** **\$300 USD**  
Contact: Paul Mitchell email: [pauldm@earthlink.net](mailto:pauldm@earthlink.net) 1-208-682-4427  
For Reiki students in public practice wishing to further their understanding of “being present” for their clients.

# Schedule of Events for 2007

**July 15 - 21** **Cataldo, Idaho, USA**  
**The Way to Harmony facilitated by Paul** **\$680 USD**  
Contact: Paul Mitchell email: [pauldm@earthlink.net](mailto:pauldm@earthlink.net) 1-208-682-4427  
For Reiki Students wanting to develop self-awareness, balance, and center.

**July 24 -26** **Cataldo, Idaho, USA**  
**The Way to Harmony (continued) facilitated by Paul** **\$350 USD**  
Additional days to further the work and understanding of The Way to Harmony.

**August 10 - 12** **Breitenbush, Oregon , USA**  
**The 23rd Annual Breitenbush Gathering attended by Paul** **Not known**  
Contact: Gretchen Munsey email: [jmunsey@msn.com](mailto:jmunsey@msn.com) 1-425-672-6722  
For Reiki students wishing to experience community in a gorgeous natural setting.

**August 10-12** **White Horses Retreat, Snowdonia, Wales**  
**The Inner Sanctuary of Reiki facilitated by Phyllis** **£275**  
Contact: Hilary Collins email: [hilary@whitehorsesretreat.co.uk](mailto:hilary@whitehorsesretreat.co.uk) 44-1691-648546  
For Reiki students wishing to deepen the feeling of sanctuary that fills us as we live with Reiki.

**September 14-23** **Moscow area, Russia**  
**Master Candidate Retreat facilitated by Phyllis** **Not known**  
Contact: Olga Khondinskaya email: [xolgax2@mail.ru](mailto:xolgax2@mail.ru) 7-495-3921 439  
For Second Degree students who are preparing for mastery with Phyllis.

**September 28-30** **Moscow area, Russia**  
**Exploration of the Precept: "Earn your living Honestly." facilitated by Phyllis & Kandy Brandt**  
Contact: Olga Khondinskaya email: [xolgax2@mail.ru](mailto:xolgax2@mail.ru) 7-495-3921 439  
For Reiki Students with the desire to explore the gift of this principle.

**October 23-25** **Buckland Hall, Brecon Beacons, Wales**  
**The Reiki Association Masters' Retreat facilitated by Phyllis** **Not known**  
Contact: Narinder Chagger email: [gatheringbookings@reikiassociation.org.uk](mailto:gatheringbookings@reikiassociation.org.uk) 44-(0)7939 238 877  
For masters who want to explore the quality of gratitude, a cornerstone of the practice of Reiki.

**October 26-28** **Buckland Hall, Brecon Beacons, Wales**  
**The Reiki Association of U.K.: Weekend Gathering guest speaker is Phyllis** **Not Known**  
Contact: Narinder Chagger email: [gatheringbookings@reikiassociation.org.uk](mailto:gatheringbookings@reikiassociation.org.uk) 44-(0)7939 238 877  
For Reiki students who wish to participate in the annual gathering of The Reiki Association U.K.

**October 26-28** **Bad Kreuznach, Germany**  
**First Degree Reiki Class taught by Paul** **150 Euro**  
Contact: Marion Weber email: [marion@teehous-weber.de](mailto:marion@teehous-weber.de) 49-6706-8804  
For people who wish to learn the Usui System of Natural Healing, also Usui Shiki Ryoho.

**October 28-30** **Bad Kreuznach, Germany**  
**Second Degree Reiki Class taught by Paul** **500 Euro**  
Contact: Marion Weber email: [marion@teehous-weber.de](mailto:marion@teehous-weber.de) 49-6706-8804  
For First Degree Students who are called to take the next step of Usui Shiki Ryoho.

# Schedule of Events for 2007

*Note: Paul will have additional events in Europe. Please consult our web site. Thank you.*

**November 3 – 9** **La Belle Etoile Arras, Arras, France**  
**Masters' Intensive: Usui II** facilitated by Phyllis and Paul **2100 Euro**  
Contact: Monique Touller email: [monioul.del@wanadoo.fr](mailto:monioul.del@wanadoo.fr) 33-5-4634-5058  
For masters who have completed the Usui I Intensive and wish to commit their practice to Usui Shiki Ryoho with the lineage of Usui Sensei, Hayashi Sensei, Takata Sensei, Furumoto Sensei.

**November 24-December 2** **Waimea, Hawaii, Hawaii**  
**Responding with Compassion Session I** facilitated by Phyllis **\$1700 USD**  
Contact: Joyce Winough email: [jwinoughrm@earthlink.net](mailto:jwinoughrm@earthlink.net) 1-208-699-0772  
For masters who wish to deepen their communication and understanding of Usui Shiki Ryoho. Three sessions, one each year. In this series, all the sessions will be in Hawaii.

*The following are events in the planning stages.  
If interested, please contact Phyllis at [theo@earthlink.net](mailto:theo@earthlink.net)  
or 1-208-699-0990. Thank you.*

**Second Degree Immersion**  
**August 20-26, 2007**  
**Kenya, Africa, on the slopes of Mt. Kenya. The climate then is warm-hot and sunny.**

**Second Degree Immersion**  
**December 5-9, 2007**  
**Volcano, Hawaii.**

**Exploration of the Earth: a Retreat to the Copper Canyon**  
**February, 2008 (twelve days)**  
**Copper Canyon, Chihuahua, Mexico. At the higher mesa area and then into the bottom of the canyon, experiencing the differences in the climates and the terra energies.**

*See our web site calendar for more event details,  
a color version of this newsletter that you may download,  
and other connections that will assist you.*

[www.usuireiki-ogm.com](http://www.usuireiki-ogm.com)



# The cycles continue to pass . . . . .

*Paul Mitchell and Phyllis Furumoto keep pace with the advances of time and in accordance with the energy.-*



*Usui Shiki Ryoho*

臼井式療法

*This year marks the 25th anniversary of Phyllis’s succession into the Spiritual Lineage of Usui Shiki Ryoho. The seeds that were sown by the Lineage have blossomed into a garden of rich colors and textures. The practice is flourishing. Students are moving ever deeper into the richness that the practice holds. It is good to look back and from where we have come. It is good to look ahead and imagine where we could be in a few years. The system of Usui Shiki Ryoho is coming into its own as a spiritual practice for those who choose it; a respected healing practice in its own right; and a path of human development that is thorough but gentle in its ways. Gratitude and honor overflows for the masters: Usui Sensei, Hayashi Sensei, and Takata Sensei. Photo by Todd Holcomb*

• • • • • • • •

We have used the Japanese kanji to communicate the Japanese word “Reiki.” Because this written language looks beautiful to the “Western” eye and is sometimes not recognized as a language in use today, the kanji are often called symbols. This is an inappropriate usage, both of the Japanese language and in relationship to our practice. (This is not referring to the understanding that all language is symbolic.)

The above kanji are those that were used for “Usui Shiki Ryoho” in the newspaper articles of the 1930’s when Hayashi Sensei came to Hawaii to visit his dedicated student, Takata Sensei. Since these kanji are part of a language in common use today, they cannot be trademarked.

These kanji describe the practice that Takata Sensei held for us throughout the years of her practice. We ask you not to use them unless you know that your practice follows this form. Thank you.



## SOME MOMENTS OF 2006



These are the hands of masters initiated by Takata Sensei. We attended the 22nd Annual Reiki Gathering at Brietenbush Hot Springs Retreat, Oregon in August, 2006. The masters attending were Fran Brown, Rick Bockner, Wanja Twan, Paul Mitchell, and Phyllis Furumoto.

Photo by Joyce Winough



George Araki, master initiated by Takata Sensei, died on June 29, 2006.

Though he was not an active teaching master, he was influential in holding the practice of Usui Shiki Ryoho through his connection with Takata Sensei and his way of living.

We miss him.

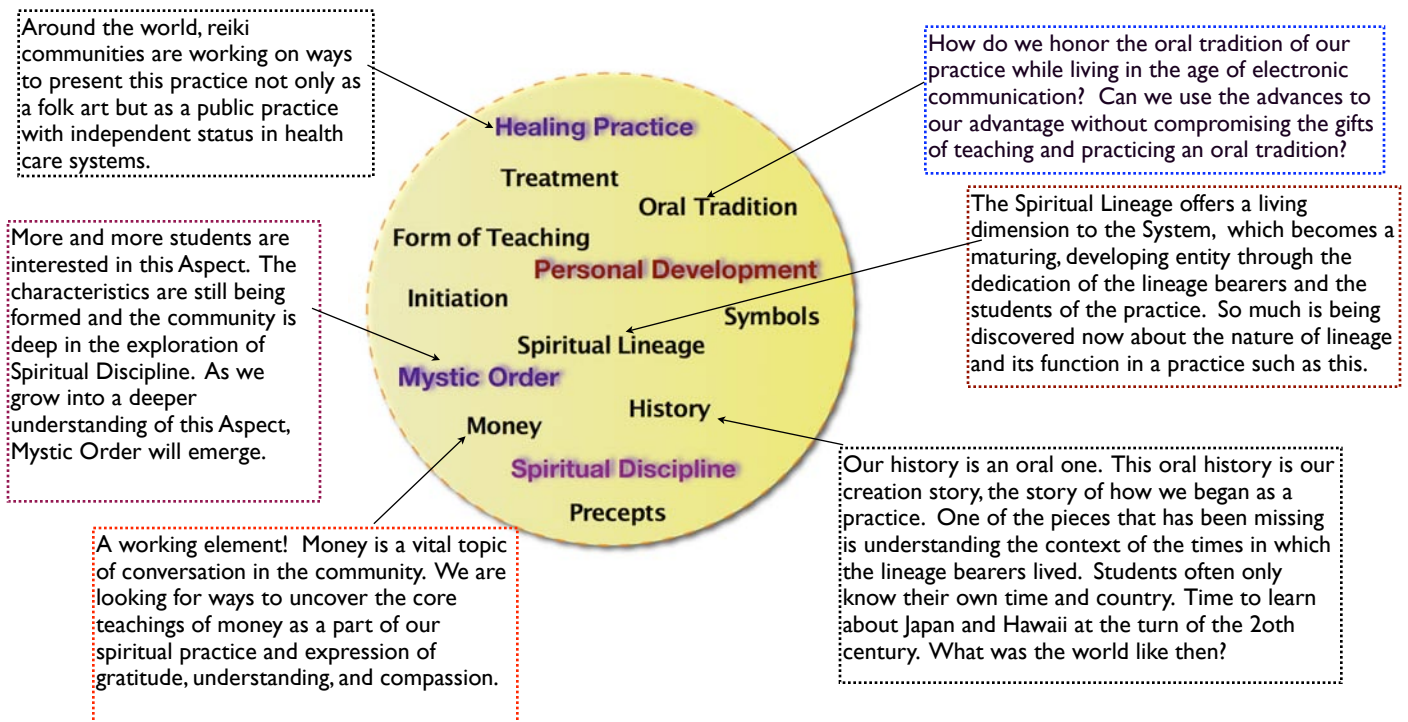
His daughter and initiated master, Kathy, continues his legacy of Reiki.

Photo by Michael Hartley circa 1983



### A DIFFERENT VIEW OF THE SYSTEM:

Below is a diagram of the system. Instead of two lists, the diagram uses the two dimensional circle to show the movement and connection of the 4 Aspects and 9 Elements. The elements could all be moved to different positions. Pointers indicate some of the movements that are occurring now.





## ***Retreat! Retreat!***

Interesting that this word in English is used by the military and then often in religious settings. For the military, it is a procedure of pulling back in battle when the battle is being lost. It is a strategy to get out of the fight when you are losing so that you may be able to fight again another day.

In religious settings or in spiritual practices, it is a time away from home to be quiet, to be reflective, to immerse oneself in ones practice and exclude as many of the demands of “daily life” as possible. Often the format of the retreat includes guidance and direction from a retreat guide or leader.

Both the military and the spiritual or religious meanings share this aspect of “leaving the field of activity” to regroup, reassess, reevaluate, rest, prepare for reengagement in a new way.

Last January, I did a nine-day silent retreat at a Trappist monastery outside of Portland, Oregon. I did the retreat as one of the assignments that I was given by a counselor. It had been about 35 years since I had done a retreat that I was not leading. I had a wonderful, and perhaps in some way, a transforming experience. I know it is something that I will do at least once a year now.

I grew up with and pursued a strong religious tradition into my late twenties, discovered Reiki in my early thirties which I have practiced constantly, and did many years of Riechian therapy. Looking back, I see that I have basically followed one of the native American tribe’s ethical teaching taught to them by Spider Woman, “Try not to hurt one another and try to understand things.”

I see that I have always had this urge to understand things, to see how they work, how they go together, what are the underlying principles of life and what we experience as reality. In religion and philosophy I was taught where we came from and what existence was all about, in Reiki it has been trying to understand the essence of healing, in

therapy it was coming to understand the inner workings of my own psyche and out of self-understanding, understanding others better. This urge to understand is still alive and well in me.

I find myself slowing down a bit, taking more time to sit, to look at the mountains, the trees, people, those I love. In addition to the aspects of my daily Reiki practice, I do some spiritual reading, some centered prayer, some time of reflection on the moments of unease so that I can work with them.

I have always felt that out of my daily Reiki practice comes guidance, a more and more sensitive awareness of what I am doing that serves me and what I am doing that does not. I have felt guided to people, places, writings, and practices that seemed to awaken me a bit more on my journey. While this happens in my daily life, I see that it happens in a big way for me during retreat.

Over the past four or five years I have been offering retreats in the Reiki community, a few. I realize that now I would like to offer more as I feel that I have more to offer and am seeing things a bit more clearly. Part of the clarity is being open to what I still don’t understand and knowing that when I just go on without reflection I end up doing things as I have always done them, taking on community and cultural understandings unconsciously and giving in to a cultural and community momentum that may be flowing where I really don’t want to go. I am putting on the brakes. I encourage you to do the same. If you feel drawn to join me in some form of retreat this year, you are welcome. Now that the system has been defined and understood to some significant degree, I want to focus on how Reiki is calling me to be, in my thoughts, my actions, my priorities of time and energy in daily life. I look forward to our time together and our time in solitude, connected as we are.

*By Paul David Mitchell*



**ON THE MOVE AGAIN! OR AT HOME IN THE WORLD!**

It seems that this is a period of time in which I am not only shifting my focus of teaching and deepening support of the system, but also shifting where I am living. I have had numerous ideas about where I would like to live but it seems that each time I plan...the plan is thwarted. What I have learned in my shifts is that I am ready to find a place where I can teach, plan multiple year programs, and engage in individual retreats with students in one place. The value of having my own teaching space is becoming evident. Will I have one? I don't know! I fluctuate from feeling lost to being happy flowing with the river of life. There is so much to BE in every place I go. Now it is time to be moving. I am learning about stability, home, listening to the movement of the energy, and partnership.



**Come travel with me.....**

Though I am concerned and wanting to do my best in supporting the environment, it seems that I am consistently traveling! And now I am starting to take students with me! Is this irresponsible?. Perhaps. I only know that in being in different parts of the world, in being in different natural settings that I am more in touch with the incomprehensible concept "Universal Life Energy." My mind expands, my awe escalates, and my needing to know diminishes.

Wonder at the natural world grows humility, understanding of our natural placement, and deeper respect for the aboriginal teachings of our respective cultures. What is it that I bring to this world? I can say now, it is only my wonder and willingness to hold all that I see and experience as the amazing miracle of the natural world. I am of the natural world. I am a miracle waiting to be discovered by me! This process is supported by our Reiki practice.

**LARGE GROUP WORK IS A LIFE CHANGING EXPERIENCE!**

In Russia, March, 2006, over 500 students of Reiki came together. We experienced another dimension of being in Reiki. Each of us is a holographic experience. When we treat ourselves this is one experience. When we treat another person, this is another experience. When we treat someone else in a group of 100 Reiki students this is another experience. When we treat someone in a group of 500, this is another experience.

Many students are tentative about coming to a large group. This is understandable! It can be scary if you don't know anyone else. How does one take care of needs and worries? Come and find out. Be willing to ask for what you need. Be willing to surrender to the groups' energy and see if your needs are filled in ways you can not imagine now. I have a dream of attending a European conference of Reiki Students up to 500 students! Are you willing to be a part of this dream? If yes! Please contact me. We would like to start the organization of this gathering!





WHAT'S IT ALL ABOUT? WOULD THIS SERVE ME?

This year Paul and I are trying a new format. We are sharing with you our thoughts, process, and feelings that are behind the events we offer.

My hope is that you will see the foreground clearly, knowing that the descriptive words are often are like a mist, hiding who we are in that moment. Our offerings show not only our interests but the calling that comes from our connection with the global community and the system we share. Join us when your passion and willingness matches ours. We know that the value of any event is a combination of the substance within the event, your willingness, and our passion for the practice of Usui Shiki Ryoho. It is the combination of these energies coming together that create the magic of the event.



*Living our Spirituality in Reiki: A Retreat.*



**Step back** from the demands of daily life to reconnect with what life is really about for you. In this retreat, we will touch deeply the roots of our spirituality.

How do we choose to work with the spirit that is ours, what is the call of our soul's journey? Using the healing, strengthening, and clarifying gifts we have in Reiki, the Principles, our early spiritual formation, the practice of Remembrance, and theme-guided silence, we will touch again the "ground of our being" and enter our lives renewed.

The inspiration and form of this retreat came out of the research I did when writing an article for The Reiki Magazine International on Spirituality and Reiki. *Paul Mitchell*

**TEACHING FIRST AND SECOND DEGREE CLASSES**



Both of us teach the First Degree and the Second Degree of Usui Shiki Ryoho. We consider this the basic practice of our mastery. Teaching the First Degree always takes us back to the teaching of our Master, Takata Sensei. This is a touchstone experience. Without this teaching expression, we become distant from this foundation, losing touch with our beginner minds.

**From Paul:** *First Degree is for people who wish to enter the practice of Usui Shiki Ryoho.*

*The Usui System of Reiki Healing is a healing art used by many people throughout the world. It is a simple, hands-on practice that increases and supports the body's own capacity for health and balance. The Japanese word, "reiki", means "life energy" or "God-power". Anyone who has the desire can learn this practice and use it for self and others.*

**From Phyllis:** *The First Degree is the way to begin the practice of Usui Shiki Ryoho, a form that provides access to the energy of Reiki and a way of living that encompasses all realms of human development.*



### THE WAY TO HARMONY



Summer of 2004, Paul's Dojo

I began my practice of Aikido for personal reasons almost a year after my first degree in Reiki. In 1983 Phyllis Furumoto asked me to present the principles of Ki-training and Aikido to the masters at an early Reiki Alliance meeting. The next year she asked me to work with people who were training with her to be Reiki masters, to also teach them these principles. Since then I have offered this training in the worldwide Reiki community.

Aikido has a clear spiritual foundation coming out of a spiritual awakening of the founder, Morehi Usheba. I see a strong parallel between the sense of safety and trust that I experience during a Reiki treatment, the call of the Reiki Principles, and what is being taught in Aikido as a way of being.

Aikido is often translated as The Art of Peace. It has taught me an inner sense of balance and center. It gives me techniques for dealing with difficult situations and also helps me understand and practice the Reiki Principles better. I teach the spirit of Aikido in a six-day residential intensive called "The Way to Harmony." In this workshop students learn to know themselves better, learn techniques to deal with relationship in a more

open and powerful way, and explore challenging issues such as defensiveness, resistance, being a victim, and fear of and use of power. This workshop is an integration of my life in Reiki, my own style of Aikido, and all that this healing path has given me. I find it very powerful and rewarding to work with students who are already committed to their healing and personal development.

FROM USHEBA SENSEI

"True Budo is a work of love. It is a work giving life to all beings, and not kill or struggling with each other. Love is the guardian deity of everything. Nothing can exist without it. Aikido is the realization of love."

"I want people to listen to the voice of Aikido. It is not correcting others; it is correcting your own mind, This is Aikido. This is the mission of Aikido and should be your mission."

#### The question: What does this have to do with Usui Shiki Ryoho?

From the moment I heard Paul describe his experiences of this martial art, I had the feeling that this connected deeply with this practice of Reiki, a healing art. Both come from the same era of Renaissance in Japan and contain the same message. Know yourself, be aware of how you affect others, and create your own world in which you live.

I have been in the dojo with Paul many many times over the last 20 years. This training has allowed me to physically understand (experience) what the energetic understanding (experience) gives me. Often the words then come and my mental state clarifies.

The other gift offered here is the pleasure of being with Paul in his ultimate teaching element. Phyllis

### Calendar

#### April 9 - 15

The Way to Harmony  
Wettenbostel, Germany  
Contact: Irene Gelmi  
[IreneGelmi@t-online.de](mailto:IreneGelmi@t-online.de)  
49-40-6561-397

#### July 15 - 21

Cataldo, Idaho, USA  
The Way to Harmony

#### July 24 -26

Cataldo, Idaho, USA  
The Way to Harmony (continued)

Contact for both Idaho Sessions:  
Paul Mitchell  
[pauldm@earthlink.net](mailto:pauldm@earthlink.net)  
1-208-682-4427

"Paul's work during the workshop is filled with peacefulness and calm, with awareness and discipline, distance and intimacy, respect for the development of oneself and of each participant, with sharing stories and experiences, with constant reminding of the Ki-principles, with you and I and honoring, with the harmony of all things, and over and over again with the transfer of contents of the workshop into the personal, day to day life."



Hilde Rentz, Germany



## **Usui Shiki Ryoho Master Intensives: I and II**

Given by Phyllis and Paul

We began these Intensives to assist the process of defining the system of practice, Usui Shiki Ryoho. With the many masters who have attended these Intensives since 1993, the definition of the system is in place. This definition is a compilation of the practice that is held by the masters initiated by Hawayo Takata Sensei. Now these are a pathway into this system for masters who wish to practice this system or for those masters wishing to sit with a circle of masters for a unique experience of this system.

### **Usui I: Kiev, Ukraine May 15-19**

We offer this Intensive for masters who wish to renew or become acquainted with the essential form of the practice, Usui Shiki Ryoho. This time will include discussion of the nine elements of the practiced form, questions, and sharing the companionship of other masters. Physical form and teaching of the second degree symbols and the initiations will not be included.

### **Usui II: France November 3-9**

This intensive is for masters who have attending the Usui I, have taken time to resolve issues, integrated shifts that were stimulated by Usui I, and who are willing to commit to the practice of Usui Shiki Ryoho. We will present the form of Usui Shiki Ryoho in detail during these five days.

One year between the two Intensives is recommended.

**Supporting the system** and the students of the practice are the priorities of our offerings.

#### **• The Reiki Principles:**

Dr.Usui referred to the Principles as "the secret method that summons happiness." Given as a one day workshop, Paul and those who come, will explore what Usui Sensei offers each of us, what our own heart tells us about the principles, and how we might live them more vibrantly. This is a day of insight provoking exercises, fruitful discussion, stories and sharing facilitated by Paul.

#### **• The Four Aspects:**

After having facilitated many Master Intensives over the years, the Nine Elements come to life giving me (Phyllis) a rich and ever deepening experience of the Practice. Now I am interested in exploring the system through the Four Aspects. This seminar is usually four full days, dedicating one day to each Aspect. Each Aspect Day will include a hands on treatment and discussion time with the group. This retreat is open to students of Reiki and all levels of initiation.

#### **• First Degree Immersion**

As Takata Sensei always said "First Degree is all you need." As I, Phyllis, moved into being more conscious of my own practice; I realized that I had a First Degree practice, a Second Degree practice, and my Master practice, Each level of practice has its own beauty and gift. These are not stepping stones to the top rank, mastery. Each level has a dignity and depth all its own. During this exploration of

the First Degree, we will exchange hands on treatment with the focus of spiritual practice, we will be together while self-treating, we will explore the precepts and the discipline of exchange for treatments.

#### **Retreats and Gatherings**

We are often invited to different countries to present a specific seminar and while there, open a day or a few days to gatherings of students from all forms of Reiki practice. We do this in order to be open to the general Reiki student body, but also because it is very difficult to ascertain what each student's practice is, how it is identified. So we simply open our time to serve whoever may come.

This has proven to be an incredible learning experience about compassion, understanding how communication works and does not work, and also to realize that no matter what the form, students who come are all touched deeply by this energy of Reiki. This profound similarity far over rides the differences that sometime seems to preside.

We also attend the annual conference of The Reiki Alliance as members and consultants to the Board of the Alliance. This is a group of masters who come together to support each other in their path of mastery and teaching of this system.

Additionally, we have times to be with those Second Degree students who are interested in being initiated as masters. Sometimes these are open to all master candidates and others are closed to those working directly with either Paul or Phyllis.



**PUBLIC PRACTICE OF USUI SHIKI RYOHO: IT'S BECOMING MORE OBVIOUS!**

**June 8-10**                    **275 Euro**  
**the Netherlands**  
**A weekend exploration for**  
**Public Practitioners**  
**facilitated by Phyllis**  
 Contact: Rebecca Breedhof  
[reikicentrum.zijn@hetnet.nl](mailto:reikicentrum.zijn@hetnet.nl)  
 (31) 070-367 7964

**June 22-24**                    **\$300 USD**  
**Cataldo, Idaho, USA**  
**Reiki Practitioner Support**  
**Weekend facilitated by Paul**  
 Contact: Paul Mitchell  
[pauldm@earthlink.net](mailto:pauldm@earthlink.net)  
 (1) 208-682-4427

***We also recommend those events that give the practitioner in depth understanding of the practice they will be representing to the public.***

Many students are being asked to enter into the public health setting not as a folk art student or a family friend) but as a fellow health care provider. What do we need to do in order to provide good care for people as well as build professional relationships with the other health care providers?

Many countries in the world are investigating ways to maintain national standards that are also relative to the other new health care modalities. This initially involves the representative Reiki community coming together and agreeing on definitions for the general terms such as "a Reiki Treatment." Then the groups take this step and create a national

program of additional training for the public practitioners. When this is accomplished, then each form of Reiki will provide for their students a program that will meet the qualifications set out in national standards and the specific needs for that form of Reiki. Many students and masters of this system are involved in these conversations in their respective countries. We support this process.

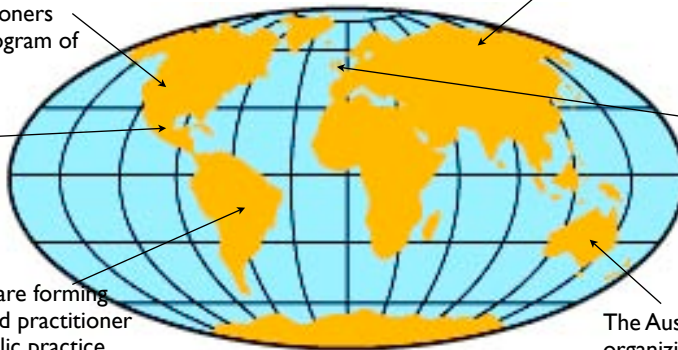
This process will not take away the folk art practice of any form or system. It will provide a structure for the students of all complementary and alternative therapies to provide reputable and dependable practitioners for the public while enhancing and maintaining the foundation practice.

**GLOBAL NOTATIONS REGARDING PUBLIC PRACTICE FOR REIKI PRACTITIONERS**

Many states are now requiring a massage license to practice Reiki in the public. This is a way of the states saying that the Reiki practitioners need to begin their own program of further education.

A group of Mexican masters are forming an association in order to further the ground work for Reiki being recognized as a viable alternative healing art.

In South America, many countries are forming associations to develop student and practitioner awareness within the scope of public practice. This is a first step towards the conversations that have happened in the UK, Australia, and beginning in the European countries.



In Russia, Reiki is practiced in many health settings without issue, in this moment.

The UK initiated this process with the encouragement of Prince Charles. The national Reiki community has been conversing for years and is going to another stage of creating a working definition of Reiki as a public practice. The Reiki Association of the UK has an on-going program to support the members who wish to become public practitioners. This is the first program of this nature.

The Australian Government is in the process of organizing training requirements for many of the complementary practices including Reiki. There are many organizations participating in conversations. It a hot topic here!



*In our lives, the commitment to living with the energy of Reiki through the practice of Usui Shiki Ryoho has become a part of our internal fiber. This happens through our personal practice as well as meeting a vital world wide Reiki Community. We wish to thank those who support us unceasingly, for those who are questioning and searching, and for those who have passion and caring for this practice.*                    *Phyllis and Paul*