

## **JIKIDEN REIKI SEMINAR -SCHEDULE**

### **Day 1, Shoden part 1**

The History of Reiki. Usui Sensei's(venerable teacher) background, etc.

The Background of Jikiden Reiki

The Yamaguchis personal Reiki history as taught by Hayashi Sensei and Mr.Wasaburo Sugano (Chiyoko Yamaguchi's uncle- Dr. Hayashi's organizer).

Chiyoko Sensei's life.

The 4 main Objects of holding Jikiden Reiki seminars

The meaning of the Gokai (the 5 Reiki- Principles).

The current situation of Reiki in Japan

Reiju (attunements)

Reiki Mawashi (Reiki current)

Reiki group- practice. All participants give and receive Reiki.

### **Day 2, Shoden Part 2**

Chant the Gokai and Reiju

Reiki Mawashi

Review of day 1

Kokai Denju (Usui Sensei's notes) Usui Sensei's thoughts on Reiki.

The power symbol. How and when to use it. Explanation of its meaning, and the origin of the symbol.

Byosen (finding negatively charged body- areas). Together with the Reiki Principles, this is one of the most important aspects of Reiki.

The Kekko Technique (Ketsueki Kokan). A massage technique favoured by Dr. Hayashi to stimulate the metabolism. Demonstration and practice.

### **Day 3, Shoden Part 3**

Chant the Gokai and Reiju

Reiki Mawashi

Reiki Okuri (learning to perceive the flow of Reiki)

How to make the hands sensitive. Perception- Training.

Reiki practice

## **Day 4, Okuden Part 1**

Review of day 1-3

Chant the Gokai and Reiju

Reiki Mawashi

Reiki Okuri

Kokai Denju (from Usui Sensei's notes)

How to use Reiki for psychological issues

The mental- healing symbol. How and when to use it. Explanation of its meaning, and the origin of the symbol.

How to use the symbol for physical problems (Mrs. Yamaguchi's experience. Dr. Hayashi did not teach this).

## **Day 5, Okuden Part 2**

Chant the Gokai and Reiju

Reiki Mawashi

Reiki Okuri

The distant- healing symbol. How and when to use it. Explanation of its meaning, and the origin of the symbol.

Enkaku Chiryō (Distant healing)

Questions and Answers

Certificate Ceremony

Reiki practice