

# 直傳靈氣®

## Jikiden Reiki Seminar – Shoden Level November 10<sup>th</sup> – 12, 2023

### Seminar Schedule

#### November 10th:

**Friday evening:** Arrive between 5-6 pm. Get settled. You are welcome to arrive earlier if you'd like and take advantage of the beautiful campus of Holmes and all its trails.

#### **Dinner is at 6 pm**

#### **7 pm - Part 1:** Registration, Syllabus

Objectives of Jikiden Reiki  
Jikiden Reiki Institute Regulations  
Early History of Reiki Usui and Hayashi Sensei p. 7-10  
The meaning of Reiki – the Kanji characters -p. 48  
The Five Reiki Principles – The Gokkai –p. 19-21  
Kototama – word spirit

#### **9 – 9:30 pm:** Reiju, Reiki Mawashi–

#### **November 11th**

#### Saturday morning:

#### **Breakfast 8 – 9:00 am**

**9:00 am:** Q & A from Friday night

**9:15 am:** Chant Gokkai, 2<sup>nd</sup> Reiju, Reiki Mawashi –

#### **9:30 am - Noon: Part 2A**

History of Jikiden Reiki: Chiyoko Yamaguchi

Current State of Reiki

Usui Sensei's Kokai Denju – His thoughts on Reiki P. 22

Concept of Byosen – Reiki is following the byosen – P. 50  
First Shirushi - Kumo-no-shirushi

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Lunch 12:00 – 1:00 pm

## Saturday Afternoon:

1 pm – 5 pm: **Part 2B –**

Using Gyoshi, Koki-ho & Busho-ho for minor ailments  
Shizen Joka Sayo – the Natural Cleansing Process  
Heikin Joka – balanced cleansing

Introduce and Demonstrate Ketsueki Kohan-  
(Releasing toxins from body technique)

**STUDENT PRACTICE (3-4 students per table):** Until 5 pm

**Break until dinner: Enjoy the trails, Rest.**

**Dinner: 6 - 7 pm**

## Saturday Evening: 7 pm – 9 pm **Part 2 C**

Feeling Byosen – pairing participants sitting: Reiki Bubble  
Give each other feedback – Q & A  
Discrimination: What Byosen is not.

**STUDENT PRACTICE:** optional practice Kekko

**Sunday, November 12th**

## Sunday Morning: **Breakfast 8 – 9:00 am (Enjoy an early morning hike)**

**9:00 am to 9:30 am**

Chant the Gokkai, Perform **Reiju**, Reiki Okuri – energy perception

Break –

9:45 am Q & A, Pass out Survey forms for Institute –

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Discuss Japanese Culture, the influence of Shinto, the Lemoto system

DVD - Chiyoko Yamaguchi (either before or after lunch)

“Hatsurei Ho” – The Reiki Bubble – Meditation for Feeling Energy

How to practice Reiki at home – Textbook p. 37-39

**Lunch 11:30 – 12:30 pm ( Enjoy Holmes)**

## **Sunday afternoon: FINAL STUDENT PRACTICE**

12:30 -2 pm Everyone should have an opportunity to perform Kekko, receive Reiki 2x and give Reiki 2x minimum.

2 pm: Final Q & A: Collect Survey forms

**Closing Ceremony** – Presentation of certificates, attendance cards, class photos.