

Reiki Masters Course in Kyoto 2017



As a Reiki Master Teacher, it has been a dream of mine for many years to make a pilgrimage to the birth place of Reiki.

This year I decided to make this dream a reality by planning a Reiki Master course in Kyoto.

I created a manifestation project and sent it into the future and after advertising it for a short time I had six bookings from Reiki students from four continents and five countries.

My daughter Joy, who is also a Reiki practitioner and has studied Japanese came along as a tour guide and translator.

On 1st September, everybody arrived in our Ryokan, a traditional Inn. We wanted our experience to be as close to Dr. Usui's life so we slept on futons on 'tatami' bamboo mats. The windows were covered in rice paper and seating was on low 'zaisu' chairs on the floor.



Ranging from their 20s to their 60s our youngest student was Liana, an actress from L.A. and the oldest Anne, a retired widow from the U.K. Alexis was the only man in the group, a gentle giant from the North.

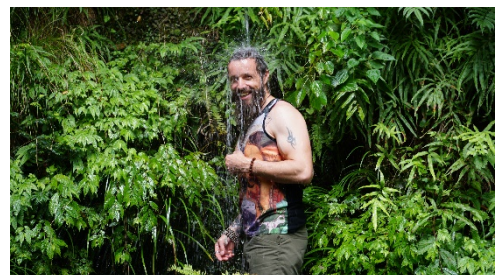
The following day the Reiki Masters training commenced in earnest. We had the use of the hotel lobby overlooking a small Zen garden. Each day consist out of three hours of tuition followed by sightseeing or additional classes.

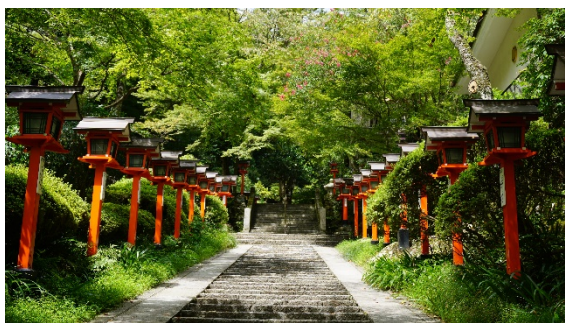


The first day's excursion was to the stunning Golden Temple. On the second day, we went to a Zen meditation class. During this class, we had to sit cross legged on a pillow in quiet meditation, just listening to beautiful nature sounds while a Zen monk walked around. Those deemed to lack concentration received a firm tap on their shoulders with a stick.

We returned to the hotel a to attain the Masters attunement and prepare for the highlight of the trip—our visit to Mount Kurama, where Dr. Usui received Reiki.

The next morning, we took a train to the village of Kurama and started on the mountain trail. First, we stopped by a small waterfall and each briefly stuck our head under the ice-cold water as sitting under a waterfall in meditation with the water activating your crown chakra was a well-known form of seeking enlightenment in Dr. Usui's days.





We then proceeded to the main temple on a beautiful path lined with red lanterns. We purified ourselves by the water fountain using a wooden ladle and offered prayers by clapping our hands and ringing the temple bell.

The next part of the trail became steeper and slightly worrying as a sign by the entrance to the steps warned of possible snake, bear, hornet

or poisonous bug encounters!

We climbed carefully up the many steps on a winding path, the path getting steeper and more narrow as we went up. Finally, we found the top, the place where Dr. Usui sat in meditation for 21 days. We lit some incense, a candle and had a lovely meditation there. We each collected a stone to take home, reminding us of the 21 stones Dr. Usui threw away during his retreat here.

The energy on the mountain was tremendous, it was slightly dizzying and our pendulums were spinning wildly.

Becoming a Reiki Master is an initiation into a new way of life. As William Rand says: 'A true Reiki Master is not someone who has mastered Reiki, but one who has been mastered by Reiki.' Everybody in the group had made the long journey to Japan and the arduous climb up the mountain because of their true dedication to the path of Reiki which had already lit up so many dark areas of their lives.

After this moving experience, some of the group continued down the hill to Kibune whilst the rest traced their way back down to Kurama.

We all met up again at Kurama Onsen, a natural thermal bath where we had a lovely meal and a moonlight soak in the warm springs.



The next day all our muscles ached and we took it a little bit easier with a visit to the food market after the class where we sampled many intriguing Japanese dishes.

Having now come to the teacher's part of the training we revised the Reiki symbols. We booked a calligraphy class the next day to help us write the Kanji and symbols more correctly.



Our charming, kimono clad teachers introduced us to the way and order the Kanji strokes are executed—very mindfully and with the right angle of the brush. We all managed to produce a nice picture of either 'ki', 'light' or 'happiness'. This really was a tremendously useful class. Our symbols all looked much more beautiful after the class and drawing them became much more fluid and spiritual.

On the last day, we went to the Fushimi Inari Shrine, a Tori Gates temple that has got thousands of red inscribed pillars that take a good hour to walk. The gates symbolise the transition from the profane to the sacred. It was raining but that did not deter from the astonishing beauty of the site.



In the evening, we had a big celebratory meal and then a loving and sad goodbye.

I will never forget this wonderful week! Everybody in the diverse group had become firm friends and I am happy that the Light is being carried into so many different places in the world by these six dedicated new Reiki Masters.

Alexis expressed this in this poem:

I see and feel you all as one.

A reflection of all that I have become

We're kind, we care, we all like to share

You smile, I smile, I laugh, we laugh together

We all share this path.

We're positive, we're happy

We're peaceful, compassionate

Amazing souls.

On we go, separate but whole.

