



2004 CALENDAR

OCT. 19-21 **THREE EVENINGS WITH PAUL**
Paul Buenos Aires, Argentina

Viviana Bilezker 54-11-4832-1110
vivianabilezker@arnet.com.ar

OCTOBER
Three evenings of presentation on themes of interest for students of Reiki. Paul, in representing the Office of the Grandmaster, will be open to questions and offer reflections and experiences deepening our understanding of Usui Shiki Ryoho.

Cost: Contact organizer

OCT. 22-28 **THE WAY TO HARMONY**
Paul Sao Paulo, Brazil

Plinio Cutait 55-11-5533-5324
plicut@uol.com.br

Aikido taught me an inner sense of balance and center. It gives me techniques for dealing with difficult situations that also help 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. The 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 growth through Reiki.

Cost: \$680 USD includes meals and lodging.

OCT. 29-31 **STUDENT RETREAT**
Paul Mato Grosso, Brazil

Neuza Graziano Russo 55-11-4195-1186
neru@ifxbrasil.com.br

This weekend retreat for students will be held in a beautiful natural setting. A time for sharing and deepening in our practice, a time for retreat and nurturing in Reiki.

Cost: Contact organizer

NOV. 8-14 **THE WAY TO HARMONY**
Paul Santiago, Chile

Vamzu-Jo 56-2-229-1261
vamcris@compuserve.com

NOVEMBER
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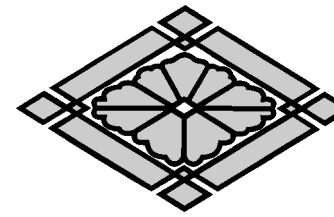
Cost: \$700 USD includes meals and lodging.

OPEN DATES **TREATMENT AND RETREAT**
Paul Cataldo, Idaho USA

Paul D. Mitchell 1-208-682-4427
pauldm@earthlink.net

Paul is available by appointment for treatments, both hands-on and distant. Personal retreats including Reiki treatment at Reiki Healing Arts Center Dojo in Cataldo are also available. Call or e-mail for appointments.

Cost: Contact Paul



Usui Shiki RyohoSM

OFFICE OF THE GRANDMASTER

PO BOX 220 CATALDO, IDAHO 83810 USA TELEPHONE 1-208-682-9009, FAX 1-208-682-9567 theogm@earthlink.net

www.UsuiReiki.com



Our 2004 Schedule

You will notice immediately that there are fewer pages and fewer offerings. You will notice that there are very few with Phyllis as the facilitator. There are mostly events with Paul's name and perhaps other masters. The Office has been watching the human aging process, the burn out of travel, and the effect our human "progress" is having on the global balance of nature. The level of discomfort and concern has brought Paul and I to our own epiphany. There is more detail about this on the inside pages.

In mid-summer, there was a blitz of bizarre emails and web site happenings that resulted in our web site being deleted from our Host! Someone had hacked into many web sites and sent out provocative emails, some down right nasty, to another "Reiki party." Luckily our web master had a copy of the site and we are able to work with this copy, update the site and put it back up at the same address, www.usuireiki.com. When the web site will be up and running is not known yet, but we are working on it!

I have taken to answering the emails from the web site. Though my response time is sometimes very slow, it has been a great gift for me to answer the questions and begin

conversations with people I haven't met and probably never will! This stretches my comfort zone after so many years of going to meet people face to face. Now this stretch is a kind of training for me to create a way to be face to face with people using the possibilities found through the use of the internet. I am looking forward to beginning the continuing use of a forum or chat room on the web site.

*"You will notice
the beginning of
a new phase for
us all."*

Our intention is to care for ourselves, find ways to be present with you, and encourage the growing need for the masters with many years of experience to take steps into the community at large. You will notice the beginning of a new phase for us all.

How do Paul and I support the element of oral tradition? How can all of us nourish this element of the system that provides us with the inexplicable quality of being touched by the combination of energy, a word, and a facial expression? We will continue to do our best with the technology that is always moving ahead, with the written word, and with our presence in person in the community at large. You will notice the beginning of a new phase for us all.

The Next 25 Years...

In April of 2002, I came to my epiphany on the top of a rock outcropping in New Mexico. A place that I love and that nurtures that clarity of mind that comes from letting go of thinking. From that moment on, I have rearranged my schedule, letting go of events that I did not have in my future vision and completing the remaining schedule with enthusiasm, along with some sadness. I have been saying, "I don't know when I will return. It is possible I will not be here again." In my heart I think, "Could I really say this? Could this really be so?" Now I am at the end of 2003 and feeling the ease of saying, "No, I cannot do this now." There was no struggle, just a feeling of "Yes, this is my time, now."

I don't know what is going to happen in these months of 2004. Will I like it so much that I continue for another few months or years? Will there be more shifts than I can imagine at this moment? Will trips to the airport become infrequent treats when I go to pick up beloved colleagues and friends? Will I be able to maintain my down-scaling through the year without regret? All these questions and more swirl around in my mind as I drift off to sleep. Next year, as we print our newsletter and schedule,

there will be another sharing of how it has been!

The magazine articles will continue. I have two events scheduled that are a thread of work that is continuing through this resting time. I have a public event in September on the island of Maui.

And then there is the garden, the river that runs by the house, skiing and golfing! So my life will have activity and yet I feel it at rest.

The intriguing unknown is almost upon me. What will happen inside of me when I have time to sleep until I wake up naturally? Plant, nourish, and harvest the garden bounty? Integrate my life of the last

25 years and prepare for the next 25 years? What work will Reiki bring to me?

Gratitude wells up when I contemplate my life. Gratitude wells up when I see the roses bloom in the garden. Gratitude wells up and spills over when those who have been a vital part of my life arise in memory; students who have come to me, my friends, my family of birth, the family of the reiki community, and with deep honor the one person who brought this gift to us, Hawayo Takata.

I look forward to the next 25 years with great joy and excitement.



"Gratitude wells up and spills over when those who have been a vital part of my life arise in memory;..."



JULY 23-25
Paul

CONFERENCE-PUBLIC PRACTICE OF REIKI
Cataldo, Idaho USA

Bonnie Barker 1 208 771-0677
cataldoreg@earthlink.com

This is the fourth year for fruitful discussion and exploration of the public practice of Reiki. Masters and students will have the opportunity to share daily treatments, confront penetrating questions, and discuss issues that arise between a folk art and a public practice. Paul will be present as conference moderator.
Cost: \$260 USD, including a contribution to travel for those paying more than \$500. The cost does not include lodging or breakfast. Begins at 9:30 on Friday and ends at 6:00 on Sunday.

AUGUST 13-15 NORTHWEST REIKI GATHERING
Breitenbush, Oregon, USA

Catherine Iverson 1-206-933-0459
kai@prodigy.net

Come and spend the weekend in the company of Reiki students and masters at the 20th Anniversary of this lovely annual Reiki gathering. The beautiful natural healing setting is the backdrop for our time of treatment, play, and inspiration.

SEPT. 11 THE REIKI PRINCIPLES
Paul

Karen Johnson 1-613-727-1022
johnsonk@magma.ca

What do the five Reiki Principles mean? How do they relate to our hands-on Reiki practice? How do they work to enrich our lives? How can they enhance our health and healing on all levels?

We explore these questions in an interactive, one-day workshop. We delve into the key words of each principle, discovering shades of meaning, both personal and cultural. Through story and guided exploration we can come to a deeper understanding of the principles in our own lives, and chart our next steps for practicing them.
Cost: Contact organizer

SEPT. 12 MASTERS' DAY
Paul

Karen Johnson 1-613-727-1022
johnsonk@magma.ca

This is a day for initiated masters to meet with Paul and explore themes of interest in our practice of Reiki and Usui Shiki Ryoho.
Cost: Contact organizer.

OCT. 14-18 MASTER INTENSIVE: USUI I
Paul

Viviana Bilezker 54-11-4832-1110
vivianabilezker@arnet.com.ar

The OGM offers 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, the four aspects of the system, questions, and sharing the companionship of other masters. The specific form of symbols or initiation will not be shown. Paul will be assisted in this intensive by Chelsea VanKoughnett.
Cost: Approximately \$1200 USD includes lodging, meals and translation in Spanish. Other language translation available. Begins Thursday with dinner and ends Sunday at 10:30 pm. Lodging Sunday night and breakfast Monday morning is included.

2004 CALENDAR

APR. 27-MAY 4 THE REIKI ALLIANCE ANNUAL GATHERING The Reiki Alliance
Paul & Phyllis Olmué, Chile
 1-208-783-3535
 internationaloffice@reikialliance.com

JUNE 10-16 GATHERING OF MASTERS Paul Mitchell 1-208-682-4427
Paul INITIATED BY PAUL pauldm@earthlink.net
 Cataldo, Idaho

A time for the masters Paul has had the honor of initiating to be together sharing their practice, their lives, and their path in Reiki. We will practice together and delve into the questions Reiki has stimulated in our souls.
Cost: \$440 USD includes food and lodging. We begin with dinner on Thursday, June 10 and end Tuesday evening. Departure is Wednesday, June 16.

JUNE 18-20 FAMILY CONSTELLATION WORKSHOP Paul Mitchell 1-208-682-4427
Paul Cataldo, Idaho USA pauldm@earthlink.net

Family Constellation work is an amazing therapeutic healing process developed by the German therapist Bert Hellinger. This weekend will be organized for masters and students of Reiki and will be facilitated by Paul's friend of many years, Dr. Rainer Stephan from Germany. Paul will assist. The workshop will be conducted in English. This work can gracefully facilitate profound personal healing.
Cost: Approx. \$300 USD includes meals and lodging.

JUN. 25-JULY 1 THE WAY TO HARMONY Paul Mitchell 1-208-682-4427
Paul Cataldo, Idaho USA pauldm@earthlink.net

Aikido taught me an inner sense of balance and center. It gives me techniques for dealing with difficult situations that also help 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. The 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 growth through Reiki.
Cost: \$680 USD includes meals and lodging

JULY 12-18 MASTER INTENSIVE: USUI II Bonnie Barker 1-208-771-0677
Phyllis & Paul Cataldo, Idaho USA cataldoreg@earthlink.net

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. Paul and Phyllis will present the form of Usui Shiki Ryoho in detail during these five days.
Cost: \$1800 USD includes lodging and meals through Sunday morning. Translation available upon request. Intensive starts Monday with dinner at 6:00 and ends Saturday evening at 10:30pm. Sunday is departure.

Reflections...

As I sit to write, my mind is flooded with memories of things I have read, events of the past year, decisions, images, reflections. Where to start?

In November of last year I made the decision to travel less, to take only two trips out of the country beginning in 2004. The decision had been brewing for some years, but I was afraid of not being able to support my family if I traveled less. The fear kept me from making the decision.

Now that I have taken the leap, doors are opening and I think we will be okay. The most important thing for me is that I am home more, have more time with myself, my son, and my wife. I may even become more of a member of my local community. I am seeing this as a challenge and as a good and necessary step. I have always believed that the ultimate test of my "growth and healing" is in how I am able to live my home life,

with my most intimate relationships. Does the outer world get the best part of me? Good question. If so, why and what am I avoiding?

I have been reading some very interesting interviews in *The Sun* magazine. I love these interviews because I get the crystallization of some profound reflection on modern life. The theme of many of these articles is basically the same: we are quite disconnected from what is natural and good and true and we are close to the destruction of human life on the planet. I have to say that I have a similar view and that my need to be home more is not unrelated to this belief.

In an interview with Thomas Berry entitled "On Our Broken Connection To The Natural World," he states that our mission at this time is to reinvent what it means to be human. He asserts that human beings do invent themselves, that we are genetically coded to undergo a further cultural coding through which we become fully human. Our parents and our specific culture teach us what it means to be human. We might ask ourselves what we have been taught and what we continue to teach ourselves.

More and more people are reaching the point where they feel we need a radical change in our perception. I have a book entitled: *My Name is Chellis and I'm in Recovery from Western Civilization*. I always loved this title and I too am trying to enter recovery.

My practice of Reiki has helped me tremendously and I see there is so much work to do and it takes so much time, attention, and discipline. I will get as far as I get and stay calm in the process if I can only remember that life is

process – it is not about arriving somewhere. I am also learning that it is not what I accomplish that is so important, but how well I live the process. Living it well has to do with being centered, thoughtful, kind, patient, tolerant, forgiving, compassionate.

I have come to the conclusion that healing the self takes so much time because we are so damaged – not just by family trauma, that is only a symptom. It is

a symptom of how far we as humans in Western society have come from the natural order. I think once we heal ourselves enough and our fragile egos get strong enough, then we can go to the level of spiritual development which is about letting the ego go and learning to live like everyone is just as important as we are.

Mrs. Takata used to say that Reiki brought health, happiness, and long life. Dr. Usui described the Principles as "the secret method that summons happiness." The Dalai Lama asserts that happiness is a result of inner peace which comes as a result of developing our innate spiritual qualities to the level of virtue: kindness, tolerance, patience, forgiveness, balance, harmony, to name a few.

My hope is that by traveling less I can do more hands-on practice and perhaps begin this call to radical reinvention, the development of virtue. At the same time, I will treasure the times we can be together and celebrate the fact that we travel the path of Reiki together.

"...It is not what I accomplish that is so important, but how well I live the process."

Paul



2004 CALENDAR



FEB. 7 **THE REIKI PRINCIPLES**
Paul Pleasant Hill, California, USA

Amy Erez 1-925-934-3120
amy@healthetc.to

What do the five Reiki Principles mean? How do they relate to our hands-on Reiki practice? How do they work to enrich our lives? How can they enhance our health and healing on all levels?

We explore these questions in an interactive, one-day workshop. We delve into the key words of each principle, discovering shades of meaning, both personal and cultural. Through story and guided exploration we can come to a deeper understanding of the principles in our own lives, and chart our next steps for practicing them.

Cost: \$60 USD

FEB. 21 **THE REIKI PRINCIPLES**
Paul Edmonds, Washington, USA

Gretchen Munsey 1-425-672-6722
jjmunsey@msn.com

See Feb. 7 for a detailed description of this event.

Cost: \$55 USD

FEB. 28 & 29 **THE REIKI PRINCIPLES**
Paul Copenhagen Denmark

Hanne Fritzboeger 45-48-30 13 61
Hanne@reiki.dk

See Feb. 7 for a detailed description of this event.

Cost: 65 EU

MARCH 5-11 **THE WAY TO HARMONY**
Paul Moscow, Russia

Natasha Litvinova 7-095-352-7328
litvinova-natali@mail.ru
and Olga Samogulova 7-095-344-9688
osamogulova@mtu-net.ru

Aikido taught me an inner sense of balance and center. It gives me techniques for dealing with difficult situations that also help 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. The 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 growth through Reiki.

Cost: Approx. \$750 USD, includes meals and lodging.

MARCH 13 **STUDENT RETREAT DAY**
Paul Moscow, Russia

Natasha Yarmarkova 7-095-281-6285
and Olga Samogulova 7-095-344-9688
osamogulova@mtu-net.ru

We experience our path in Reiki as a Healing Journey. Where has that journey taken us thus far? Where will it take us in the future? What did Dr. Usui intend for us in passing on this gift? What are our next steps? In choosing our next steps on the healing journey what we think and believe makes a difference. In this one-day retreat, we will explore where we have been and where we may be going in our continued search for healing. We will use as our focus our deepening experience and Dr. Usui's wish for us.

Cost: Contact organizer.



2004 CALENDAR



MARCH 14 **STUDENT WORKSHOP DAY**
Paul Moscow, Russia

Natasha Yarmarkova 7-095-281-6285
and Olga Samogulova 7-095-344-9688
osamogulova@mtu-net.ru

Ki-Training and Aikido have been an integral part of my path in Reiki, complementary and deepening. In this one-day workshop I will share the basic inner teaching of Ki-Training and beginning Aikido and show how they can support and deepen our practice of Reiki, especially the Reiki Principles. This will be a day of being clearly in our bodies in a centered way and finding the gifts of physical and spiritual balance.

Cost: Contact organizer.

MARCH 19-25 **THE WAY TO HARMONY**
Paul Wettenbostel, Germany

Irene Gelmi 49-40-6561-397
IreneGelmi@t-online.de

See Mar. 5-11 for a detailed description of this event.

Cost: 700 EU includes meals and lodging.

MARCH 26-28 **FIRST DEGREE REIKI**
Paul Bad Sobernheim, Germany

Marion & Aloys Webber 49-6706-8804
marion@teehaus-weber.de

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.

Cost: 150 EU plus translation fee.

MARCH 28-30 **SECOND DEGREE REIKI**
Paul Bad Sobernheim, Germany

Marion & Aloys Webber 49-6706-8804
marion@teehaus-weber.de

Second Degree Reiki Training is for first level students who have used Reiki and realize that second degree is the next step in their practice.

Cost: 500 EU plus translation fee.

APRIL 2-8 **THE WAY TO HARMONY**
Paul France

Beatrice von Schlick 49-228-21-07-50
bvschlick@aol.com

See Feb. 7 for a detailed description of this event.

Cost: Approx. 780 EU includes meals and lodging.

APRIL 10 **THE REIKI PRINCIPLES**
Paul Munkzwalm, Belgium

Els & Joost 32-55-23-22-66
info@centrumgea.be

What do the five Reiki Principles mean? How do they relate to our hands-on Reiki practice? How do they work to enrich our lives? How can they enhance our health and healing on all levels?

We explore these questions in an interactive, one-day workshop. We delve into the key words of each principle, discovering shades of meaning, both personal and cultural. Through story and guided exploration we can come to a deeper understanding of the principles in our own lives, and chart our next steps for practicing them.

Cost: 60 EU includes lunch.