

He rt of Being

The Reiki Precepts in Daily Life

'The Secret Method that Summons Happiness'

The precepts ...

'The Reiki method is not only for curing illness. Its purpose is to correct the heart-mind, keep the body fit, and lead a happy life using the spiritual capabilities humans are endowed with since birth. Accordingly... recite the five precepts morning and evening, and keep them in one's heart. The five precepts are: 1- today, throughout the entire day, do not become angry; 2- worry about nothing; 3- express one's gratitude; 4- be diligent in work; and 5- be kind to others.'

Translation of text from the Usui Memorial stone at the Seihoji Temple in Tokyo.

The Reiki precepts held significance worthy of inscription on the memorial stone of Mikao Usui, founder of the Usui System of Reiki Healing, and yet they often receive little real life emphasis.

While translations of the words may differ in different forms of practice, their essence and purpose remain. Mikao Usui referred to the application of the precepts in daily life as *"the secret method that summons happiness."*

You can know this for yourself, "the secret method", that deeper place of Being that lies at the heart of our spiritual seeking. "Secret teachings" are never actually secret but knowable only in the experience of them, received by hearts and minds that open to them.

This workshop holds a space for that opening.

The Experience

Reiki Precepts in Daily Life is an opportunity to deepen in the experience of our practice of Reiki, to take a journey into the deep wisdom of the precepts, and to explore:

- Shared meanings underlying different translations of the precepts;
- How the precepts may be understood and applied in our day-to-day lives;
- The essence of the precepts, the wisdom they hold;
- How to draw on the Life-enhancing and healing potential behind them.

Pre-booking is essential. Workshop numbers are limited. This workshop is open to anyone who has taken the first degree class in any form of Reiki practice. Hands-on-treatment time is an integral part of this experience.

The Facilitators

Mark Ruge and Annabel Muis are Reiki masters, each with more than fifteen years in the practice. They are active contributors to the work of national and international Reiki membership bodies. They offer the depth of their personal practice to support those who wish to deepen in the experience of their own Reiki practice. The practice of Usui Shiki Ryoho is the central core of their spiritual practice.



Workshop fee \$150

Early Bird discount of \$15.00 if paid two weeks in advance

Phone NOW! to reserve your place



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9.23 am - 5.00 pm both days

