

Hello from your US Jikiden Reiki friends,

We are so excited about the events coming up this May. Mari Hall, Arjava's US Organizer has arranged for Arjava to return to Connecticut where he will be teaching Jikiden Reiki classes from Shoden through Shihan.

Arjava will be arriving early to present a workshop on Japanese Reiki Techniques. This is an extended version of a workshop he presented in 1999 when William Lee Rand sponsored his United States visit and introduced the Japanese Reiki Techniques, sharing many of the techniques as well as the discovery of the Usui grave and memorial stone. Classes will begin during that week and as a special surprise, his good friend, Walter Lübeck, will join him for a special evening just for their students registered in classes during their stay. And the events aren't over yet. Mari Hall, Shihan and author, will present a workshop over the subject many students struggle with entitled, "Reiki Business". The workshop she presented last year sold out!

You'll see that there are some changes to the original promotional materials. One change is the venue. The Japanese Reiki Techniques will be held in The Westport Inn's beautiful, upstairs meeting room. The rest of the events will be held at Dolce Norwalk Hotel and Conference Center with its wonderful indoor amenities and 66 acres of retreat-like grounds to explore during your free time. There are group discounts available at both venues, so be sure to mention that if you plan to book your stay.

There are also some changes in pricing, deposit, and payment schedules, so please look at the attached materials carefully before sending in your payments. One important note is that the Japanese Reiki Techniques (JRT) workshop has been reduced to \$350 for the entire weekend! There is an additional \$50 discount for those students taking any of Arjava's Jikiden Reiki classes for the first time during the following week.

Attached, you will find a registration form and flyer for each class or workshop offered. Please make copies of them and use the registration form to mail in your payments. If you want to register without sending in a payment, you can scan and email it, but do note that all classes and workshops are first-reserved by deposits and full payment basis. Be sure to take advantage of any "Earlybird" discounts offered and note that deposits must be by check or cash (no credit cards). The balance can be paid by credit card and Mari Hall will send a link for you to remit securely through PayPal. After May 1, only cash payments will be accepted (no checks or credit cards).

Mari's launching her new website soon <http://www.marihall.com/> and some of the contents of this email may not be posted on the site yet. If you need to reach her to ask questions about any of the courses or simply to say, "hello", you can email Mari at [mari@marihall.com](mailto:mari@marihall.com). In the meantime, we're assisting her with these promotional materials and payments detailed on the registration form.

Thank you, and look forward to joining you in May!

*j&j*

(Jeannette Stellato & Jim Landers)

Tel. 203.254.3958

[info@ReikiOvertones.com](mailto:info@ReikiOvertones.com)

# Jikiden Reiki® with Arjava



Reiki is a simple form of energy healing from Japan known as "Shinshin Kaizen Usui Reiki Ryoho" which translates as "Usui treatment for the improvement of body and mind." Jikiden Reiki® is the original Reiki presented with credibility and clarity.

It is entirely free of Western influence. Its roots go back almost to the discovery of Reiki itself. It differs from "Western" style Reiki in approach, attitude and ideas. You will experience Reiki in its original beauty and simplicity.

- *It is unique- a Japanese Reiki with no western ties*
- *It is much more than a relaxing therapy- It has a history of success with chronic illness*
- *A clear history that has been proven for many years to be safe and effective*
- *A very simple, non-religious therapeutic treatment that works whether you believe in Reiki or not*
- *Includes all ideas and methods not previously taught in the west*
- *Accreditation and Regulatory Bodies*

## Your Jikiden Training Investment

### Shoden and Okuden Training

\$950.00 - There is an early bird discount of \$100.00 if your course fees are paid in full by April 1, 2014.

To reserve your place send a \$250.00 non-refundable, non-transferable deposit.

### Shihan-Kaku (assistant teacher) Training

\$1600.00 - There is an early bird discount of \$100.00 if your course fees are paid by April 1 2014. To reserve your place send a \$250.00 non-refundable, non-transferable deposit.

### Prerequisite for Shihan Kaku

**Refresher Course of Shoden and Okuden Training** \$250.00 with no discount.

You will also need to complete 120 hours of treatments on at least 40 clients and have them documented. It is best to record the treatments to be sent electronically. You also need to write a one page letter to the Institute describing why you want to be a Shihan- Kaku.

**Refresher Course of Shihan Kaku Training** \$225.00 with no discount

**Shihan- Teacher of Shoden and Okuden** \$1100. - there is an early bird discount of \$100.00 if your course fees are paid by April 1, 2014. To reserve you place send a \$250.00 non-refundable, non-transferable deposit.

**Prerequisite for Shihan** - You must have taught Shoden to a minimum of 10 people in no less than 5 courses and have written feedback from your students to turn into Arjava. Write Arjava through Mari asking to take Shihan in CT.

Arjava is teaching at the...

*Dolce Norwalk*  
32 Weed Avenue  
Norwalk, CT 06850

Online reservations  
Group rates available  
Reservations Toll Free: 877.813.4153

May 7- 11, Shoden and Okuden  
May 12-13, Shihan-Kaku  
May 12-14, Shihan

10am to 6pm daily

## Frank Arjava Petter



Arjava sensei has been teaching Reiki since 1993 but his deeper and internationally celebrated involvement with Reiki began when he "discovered" the grave and memorial of Reiki founder Mikao Usui in Tokyo and original documents by Usui and his students. Because of his unique connection to Reiki history, Arjava, teaches the Jikiden seminars in 5 days integrating information from his seven worldwide bestselling books about Reiki's origins.

When he is not teaching worldwide he spends his days writing inspirational texts and fiction to be published in the near future. He is the Vice-Chairman of The Jikiden Reiki® Institute in Kyoto, Japan.

All Jikiden courses taught by Arjava sensei are accredited by the Japanese Jikiden Reiki® Institute in Kyoto Japan. You will receive your certificates directly from Japan.

For more information and to register contact Mari Hall:  
[Mari@marihall.com](mailto:Mari@marihall.com) Tel. 832-282-4454 before 9pm CST  
[www.marihall.com](http://www.marihall.com)

# JAPANESE REIKI TECHNIQUES

May 2 - May 4, 2014

With Frank Arjava Petter



## Friday Evening

### The Legacy of Dr. Usui

An introductory evening with Frank Arjava Petter, author of *Reiki Fire*, *Reiki, the Legacy of Dr. Usui*, *The Original Reiki Handbook of Dr. Mikao Usui* and co-author of *The Spirit of Reiki* in collaboration with William Lee Rand and Walter Lübeck, *Reiki Best Practices* with Walter Lübeck, *The Hayashi Reiki Manual* with Tadao Yamaguchi, *Reiki Ganz Klar* and *This is Reiki*.

Years of research into the true history of Reiki have revealed a completely new vision of Dr. Usui and the Reiki movement he gave birth to in Japan. Arjava lived and worked in Japan for twelve years. He now lives on Lesbos Island in Greece with his family. He teaches Reiki, meditation and Family Constellations worldwide.

Arjava takes us on a fascinating journey to the original Reiki sites in Japan- from the Kurama temple in Kyoto where Dr. Usui encountered the Reiki power for the first time, to his grave and public memorial in Tokyo.

Part of this evening will be:

- a multi media show of the Reiki sites in Japan,
- a talk on Japanese culture,
- a talk on Japanese Reiki history and historical facts of Dr. Usui's life and work,
- questions and answers, and
- a short energy work session.

## Saturday and Sunday

On Saturday and Sunday we will explore the following techniques:

- the Gassho meditation,
- the five Reiki principles and their meaning,
- Joshin Kokyu Ho, a breathing technique to purify the spirit,
- the Reiji prayer, indication of the spirit,
- Reiki Undo, Reiki exercise,
- Shu Chu Reiki, concentrated Reiki,
- Reiki Mawashi, Reiki current,
- Kenyoku, dry bathing,
- Byosen, finding and working with problem areas,
- Enkaku Chiryō, distant healing,
- Jacki kiri Joka Ho, transforming negative energy,
- Koki- Ho, healing with the breath,
- Gyoshi- Ho, healing with the eyes,
- Hanshin Chiryō, half the body treatment,
- Hesso chiryō, navel healing technique,
- Hanshin Koketsu Ho, blood exchange technique,
- Gedoku- Ho, detoxification technique, and
- the origin, meaning, and correct way of writing of the second degree Reiki symbols, and
- Sunday Evening (at the end): The origin, meaning and correct way of writing the Reiki Master symbol (only for the Reiki-Masters).

## Details

### Workshop Hours:

Friday 5/2/14: 7-10pm

Saturday 5/3/14: 10am-6pm

Sunday 5/4/14: 10am-6pm

### The Venue:

#### The Westport Inn

1595 Post Road East

Westport, CT 06880

Tel. (203) 557-8125

Group rates available.

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### Payment Information:

3-Day Workshop: \$350\*

Sat. and Sun. only: \$300

Friday evening only: \$ 50

\* Additional \$50 discount for students registered in a 5/7-14 Jikiden Reiki class (*not re-take*).

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Non-refundable deposit: \$150

Balance due by 4-1-14

Fri. only in full by 4-1-14

Space is limited-1<sup>st</sup> reserved

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### Registration:

Issue check to: "Mari Hall"

Mail to: ReikiOvertones LLC

95 Harris Street

Fairfield, CT 06824

Contact Jim or Jeannette

[info@ReikiOvertones.com](mailto:info@ReikiOvertones.com)

or call 203-254-3958

# *An Evening with Walter and Arjava*



*Walter Lübeck and Frank Arjava Petter who have been friends for many years will be returning to Connecticut to teach classes during the month of May. Since their schedules have coincided, they generously consented to hold aside an evening presentation just for students attending their classes. The subject will be as spontaneous as they are when they get together!*

**DATE:** May 10, 2014

**TIME:** 8PM-10PM

**VENUE:** Dolce Norwalk Hotel and Conference Center

**PAYMENT:** \$50 must be received no later than April 1\*

**CONTACT:** Jeannette or Jim @ [info@ReikiOvertones.com](mailto:info@ReikiOvertones.com)

**TEL:** 203-254-3958

Please issue check to: **"Mari Hall"**

Mail to: ReikiOvertones LLC

95 Harris Street, Fairfield, CT 06824

**\*It is 1<sup>st</sup>-reserved for students attending current classes. After April 1, reservations will be taken from students who attended prior classes.**

For more information on classes offered, please contact their organizers directly.

Walter's Class Organizer: Marie Marchesseault ([reikimarie@gmail.com](mailto:reikimarie@gmail.com))

Arjava's Class Organizer: Mari Hall ([Mari@marihall.com](mailto:Mari@marihall.com))

# A WORKSHOP with MARI HALL

## "Reiki Business"

*Mari Hall returns to Connecticut to present a unique workshop on the subject of Reiki. She shares her personal journey and techniques she developed. In the workshop, Mari discusses the subject of charging money and gives advice to practitioners about setting up a Reiki practice.*

**DATE:** Saturday, May 17, 2014

**VENUE:** Dolce Norwalk Hotel & Conference Center  
32 Weed Avenue, Norwalk, CT 06850

**HOURS:** 10am -6pm

**PRICE:** \$150

Please issue check to: "Mari Hall"

Mail to: ReikiOvertones LLC, 95 Harris Street, Fairfield, CT 06824

SPACE IS LIMITED – 1<sup>ST</sup> RESERVED - Info: Contact Jim or Jeannette at 203.254.3958 [info@ReikiOvertones.com](mailto:info@ReikiOvertones.com)



### MARI HALL

Reiki Master Mari Hall is a Professor and Doctor of Education in Social Services and also holds an honorary Doctorate in Theology. Mari is the co-founder/facilitator of the yearly 21-day Virtual Usui Retreat... She was one of the first Masters of Reiki to bring Reiki to the UK, and the first to teach Reiki in Norway and Czechoslovakia. She has taught Reiki to over 50,000 people worldwide. Mari is a highly respected figure in the wider Reiki community.

She is the Founding Director of the International Association of Reiki (est.1989), who has influenced the development of professional Reiki practice and the standards for teaching; Mari has actively worked with the International Board of Complementary medicine for the standardizing of teaching and professional practice of Reiki within the European Union.

As a Coach, Mentor and motivational speaker Mari inspires people to reawaken spirit and values in their personal and professional lives. Her passion is for people to connect to their inner peace and through creative resolution take this out into the world. President Havel of the Czech Republic recognized this work when Mari was nominated for the prestigious Heart of the Country award, which is the Czech equivalent to the Nobel Peace Prize.

Mari Hall's Reiki books are international best sellers:

- **Practical Reiki** (Harper Collins)
- **Reiki for Common Ailments** (Piatkus)
- **Reiki for the Soul** (Harper Collins)
- **Reiki: Using Healing Energy for Peace, Joy, and Vitality** (Harper Collins)
- **Reiki for the Soul- the 11th Doorway** (Infinite Light Publishing of Sedona, Arizona)

