

## “Shin Shin Kaizen Usui Reiki Ryoho.”

“For the improvement of Mind (+Heart) and Body, Usui Soul Healing Energy Method”

Shin Shin Kaizen refers to the improvement of our mind (wisdom) and body (health) through continual practice. The Usui system does not depend solely on the energy of Reiki, in fact, we can only improve our life by becoming aware of our dysfunctional habits and behaviours (physically, emotionally, mentally and spiritually) and by then replacing them with more appropriate, life sustaining choices.

It is only through committed daily practices - self-treatments, meditation, living the Precepts etc – that our lives change, grow, and improve.

Continual practice, continual improvement.

## And what of 2020 ?!

Who would have thought 2020 could be such a disrupted year; so many plans, dreams and expectations trashed by a tiny virus and the unprecedented world-wide response to try to deal with it? But if Covid 19 had any benefits, perhaps it was from the imposed lockdowns and restrictions that forced people to stop, review their lives and to decide what was important to them? Hopefully, those life reviews will long outlive the virus, giving us the opportunity to re-configure our lives into ways that support us individually and collectively and to contribute to a better world; in any event, that’s my hope, and my intention.



Annapurna trekking map



Walking south from Yallingup

My trek around the Annapurna mountains in Nepal had to be deferred until Sept 2021, I wasn’t happy about that, my time in the mountains is precious to me, it nurtures me in so many ways. So, I’ve walked parts of the Cape to Cape, more out of desperation than anything else, but it was good to be out walking.



Master Candidates



Classes in the South-west



Thanking Volunteers at Solaris

For some months, I had to cancel all Reiki events, delaying the Master training of a group of people I had been working with for the past two years. I hope they will become some of the next generation of Reiki leaders in WA. When classes were allowed to resume, I was busy, and ended up teaching more people than in most ‘normal’ years; classes in Margaret River and Yallingup provided some refreshing diversity.

Volunteer Reiki activities at Solaris Cancer Care and other venues were also stopped, it was so good when those restrictions were lifted and we could return to providing treatments.

Another serious casualty of 2020, was the cancellation of Frank Arjava Petter's teaching of Jikiden Reiki. I hope we can re-schedule that in either 2021 or 2022; Frank is a highly sought-after teacher with a busy schedule so that may take some time to finalise.

And what of 2021 ?

Once again, I'm setting a timetable and program which aims to balance my public and private life, only time and events will determine how that all plays out !

*These are some of the scheduled programs for 2021.*

**Reiki 1** : Jan 16 & 17, Feb 20 & 21, Apr 3 & 4, May 1 & 2, Jun 12 & 13, Jul 17 & 18, Aug 21 & 22, Sept 18 & 19, Nov 13 & 14 and Dec 11 & 12.and Dec 12 & 13.  
*daily 9am to 4.30pm – class fee \$250\**

**Reiki 2** : Jan 23 & 24, Mar 27 & 28, May 22 & 23, Jul 31 & Aug 1, Sept 25 & 26, Nov 20 & 21.  
*1pm to 4.30pm Sat & 9am to 4.30pm Sun – class fee \$300\**

\* (discount for students & concession card holders)

**Reviews** - these provide the opportunity to return, ask questions, and to deepen your practice:

Reiki 1 – Mar 27 and Jul 31 (No cost)

Reiki 2 –May 22 and Nov 27 (No cost)

*Note – Reviews run from 10am to 12.30pm. Please let me know if you are attending,*

**Overseas Classes** – When international travel is again allowed, I'd be happy to provide classes/events overseas; enquiries welcomed.

**Residential Retreat** – Beachside villas at Shoalwater - March 19, 20 & 21.  
Limited to 14 participants, \$200, Registration essential.

**Reiki Day** - The 27<sup>th</sup> Annual Reiki get-together, Sun June 27<sup>th</sup>.  
Program and registrations available late May. Cost \$50.

**Reiki Clinic** - Solaris Cancer Care – Wanslea, Cottesloe - last Sat of each month: treatments from 12 noon, refreshments, then structured teaching or meeting session from 2.30 to 4pm.

**Reiki Healing Line** - This network of Reiki 2 practitioners sends Reiki to people in need.  
Please contact me for their assistance, or if you would like to participate by joining the line. This is a great Reiki service.

**Treatments** – 1 hour treatments provided on request, cost \$50. A/H and weekend times may also be arranged.

**Introductory Treatment Special** – Give your friends a first experience of Reiki, 1 hour @ \$30.

**Gift Vouchers** – For classes or treatments - available on request.

**Voluntary Reiki** – Practitioners will be invited to participate in a number of events throughout the year. This is a wonderful opportunity to contribute to a diverse range of people and organisations. Email updates will advise prospective events and opportunities.

As we all know, personal recommendations are the best form of advertising, please promote my teaching and treatments. And, thank you for your referrals, recommendations and postings on social media, this supports me in my practice and teaching.

Finally, should you require any assistance with your practice, please contact me.

With love and great respect,

*Roger*

..... *Continual practice, continual improvement.*