# Usui Reiki Retreat
## Bicheno, Tasmania
## March 18-25, 2023

***"Today is a day the Lord hath made, I will rejoice and be glad in it."***

***This is a divine day, a cosmic play, a universal set-up, part of the divine plan, this day is designed especially for you. It will be full of opportunities to heal where others would hurt, or walk away, to bring into practice, this day, everything you have prayed for. To give love, kindness, compassion and healing (I hear you say it, day after day), that which you may have missed out on in a past and entire incarnation.***

***Can't you see it, God and your Higher Self getting ready, setting up. The plan is underway. Everything is there, from rain to sunshine and of course, thunderstorms. Just what you need, friends, family and relatives. Traffic jams and clearways, all precisely and perfectly arranged that you may discover all about you, this day. Perhaps so perfectly planned that this part of you may not be revealed, illuminated, for the rest of this lifetime!***

***So, how then would you avail yourself of this divine opportunity?***

# USUI REIKI RETREAT

**March 18-25, 2023**
**Bicheno, Tasmania**

**Saturday, March 18th**

| | | |
|---|---|---|
| 6 PM | Welcome Gathering | Conference Room |
| 7 PM | Dinner | Dining Room |
| 8:30 PM | Meditation | Conference Room |

**Sunday, March 19th**

| | | |
|---|---|---|
| 8:45 AM | Breakfast | BBQ/Pool Deck |
| 10 AM | Commence | Conference Room |
| 2:15 PM | Lunch | Dining Room |
| 3:30 PM | Re-convene | Conference Room |
| 7:00 PM | Dinner | Dining Room |
| 8:30 PM | Re-convene | Conference Room |

**Monday, March 20th**

| | | |
|---|---|---|
| 6:30 AM | Gentle Yoga | Conference Room |
| 7:30 AM | Meditation | Conference Room |
| 8:45 AM | Breakfast | BBQ/Pool Deck |
| 10 AM | Re-convene | Conference Room |
| 1:15 PM | Lunch | Dining Room |
| 2:30 PM | Re-convene | Conference Room |
| 7:00 PM | Dinner | Dining Room |
| 8:30 PM | Re-convene | Conference Room |

**Tuesday, March 21st**

| | | |
|---|---|---|
| 6:30 AM | Gentle Yoga | Conference Room |
| 7:30 AM | Meditation | Conference Room |
| 8:30 AM | Breakfast | BBQ/Pool Deck |
| 9:30AM | Re-convene | Conference Room |
| 1 PM | Lunch | Dining Room |
| 2 PM | Re-convene | Conference Room |
| 7:00 PM | Dinner | Dining Room |
| 8:30 PM | Re-convene | Conference Room |

**Wednesday, March 22nd**

FAST DAY… Details and options to be announced during the course.
**A variety of drinks will be available in the Conference Room

| | | |
|---|---|---|
| 6 PM | Re-convene | Conference Room |

**Thursday, March 23rd**

| | | |
|---|---|---|
| 6:30 AM | Gentle Yoga | Conference Room |
| 7:30 AM | Meditation | Conference Room |
| 8:45 AM | Breakfast | BBQ/Pool Deck |
| 10 AM | Re-convene | Conference Room |
| 1:30 PM | Lunch | Dining Room |
| 2:30 PM | Re-convene | Conference Room |
| 7:00 PM | Dinner | Dining Room |
| 8:30 PM | Re-convene | Conference Room |

**SILENCE UNTIL…**

**Friday, March 24th**

**SILENCE UNTIL…**

| | | |
|---|---|---|
| 11 AM | Gathering | Conference Room |
| 11:30 PM | Brunch | Dining Room |
| 1 PM | Re-convene | Conference Room |
| 7:00 PM | Dinner | Dining Room |
| 8:30 PM | Re-convene | Conference Room |

**Saturday, March 25th**

| | | |
|---|---|---|
| 6:30 AM | Gentle Yoga | Conference Room |
| 7:30 AM | Meditation | Conference Room |
| | (Checkout by 9 am) | |
| 9 AM | Final Celebration | Dining Room |
| 12PM | Bon Voyage | |

# What Is An Intensive?

The purpose of an Intensive *(i.e. Retreat)* is to enhance the process of becoming aware of our true Self. It is an instantaneous way to embark on the spiritual path, as well as an easy way to deepen spiritual experience.

Everything in the world is permeated with Shakti, divine energy. Just as a small flame has the same potential power as a big fire – it takes only a spark to burn down a whole forest! – similarly a human being possesses the same Shakti that has created this entire cosmos. We have the same power that supreme Consciousness has. It is to activate and experience that Shakti within ourselves, and thereby reach the highest realm of Truth, that we take an Intensive.

The goal of the intensive is to bring peace to the mind and nourish love for the inner Self. No matter how much wealth and power you have, if you don't have inner peace, the rest is useless. If your prosperity and position don't give you true happiness, then what good are your prosperity and position?

This reminds me of a story: A royal priest, returning from a nearby town, saw the king's entire army heading west. The priest asked why and the army commander explained that the soldiers were marching against an enemy who was invading the country from the east. The priest said, "If the enemy is coming from the east, why are you heading west? You're going in the wrong direction."

The commander replied, "Oh, don't worry. We have the best army; the best guns; the best tanks, elephants, etc. No one can conquer us. We will defeat the enemy."

The priest said, "All that is useless if you are going in the wrong direction."

Our plight is very similar to this. We are looking for happiness where it does not exist. In the Intensive we turn in the right direction – and that means within, toward true happiness.

Truly speaking, the bliss, the happiness that we experience is within us already. It doesn't come from outside us. It isn't brought from any place above or below us. It is the attainment of what is already attained. If you are going to attain something you didn't have before, then there is a possibility of losing it again. Because that which comes from outside is separate from you and can also go away the same way it came, there is no guarantee that it will always remain with you.

Bliss, however, is right inside us; it's only that we aren't aware of it. This is why we're unhappy. This is why we feel petty. We do not know that we are divine. It's like having an invaluable diamond: if you think of it as a piece of ordinary glass, you feel poor, but if you know its value you immediately feel wealthy.

In the intensive, we get both right understanding and direct experience. We come to know our true Self. Usually, one thinks of oneself as a man or woman, a husband or wife, a writer or a doctor, black or white, and so on. But all these qualifications are only appendages of the Self, which is pure, attributeless Consciousness. The Intensive gives us the experience that we are beautiful and pure beings, that there is nothing more beautiful than our Self.

The Intensive takes us to that place beyond mundane pleasures and pains; it takes us to the country of divine bliss. This inner realm belongs neither to the East nor the West. It doesn't belong to any party or country. It is also beyond religion. Here the religion is our own Self. We ourselves are the religion, and this religion is for all. It gives us the experience of universal brotherhood. It makes everyone a friend. Everyone sits together, meditates together, and chants together, yet we are fully free.

The Intensive gives you inner experience without making you retire to the solitude of the forest. It gives you the skill to do your work better than before, and makes you feel happy all the time in the midst of anything. Negative attitudes turn into positive attitudes. Poison turns to nectar.

In the beginning, when Shakti is awakened, you experience its inner movements. As you advance on the path, this Shakti brings happiness and equanimity. You gain inner strength and nothing frightens you. Your idea of yourself as small, petty, and low is destroyed, and you feel yourself to be great. Such is the immediate experience the Intensive imparts.

Yet you have to be ready for this experience, you have to be worthy of it. You should not be sceptical, doubtful, critical, or insensitive. Do not have blind faith in my wand of peacock feathers. Just have faith in yourself, faith that divinity exists within you.

Your suffering is your own creation. Your present unhappiness has not been delivered to you in your mailbox from somewhere else. It is your own wrong understanding of yourself that has created your present state of affairs. *(i.e. The Illusion you are currently living).*

Give up the idea that you are a sinner. Where do you find the sin in you? So many great doctors have taken x-rays and performed surgery, yet they have never been able to find even one single germ of sin in anyone. Therefore erase your wrong understanding of acquiring right understanding. Have faith in your own inner Self, and the Shakti will awaken immediately with the grace of the Guru.

The Intensive is like a vehicle with four wheels that takes you to the goal. The Guru's grace is the very centre or axle of the Intensive. It activates the energy in you. Then the time it takes you to reach that goal depends on how fast you can drive.

*Excerpt from the book - What Is An Intensive?*

*By Swami Muktananda.*

**Premise:**

**"In your world…**
**There will be those who create the Nightmare, a Personal Nightmare,**
**and those that will create Mediocrity – Apathy & Mediocrity.**
**And there are those that will create the Dream.**

**And those that Consciously Participate…  Will Live the Dream."**

**~ Lazaris**

*Spiritual technicians always chase rainbows, always chase after a richer relationship with God / Goddess / All That Is, as that relationship always remains elusive, sometimes within, but mostly beyond their grasp.*

*Spiritual magicians, on the other hand, start living that relationship with God / Goddess / All That Is, living the partnership. No longer elusive, it is empowering and illuminating. A relationship becomes partnership.*

*Spiritual magicians, rather than react to the world, little by little and then more and more, the world responds to their will, in accordance and in compliance with the will — their will, the will of the masterful magician, an artisan of the craft.*

*Spiritual magicians no longer practice metaphysics or magic — practice is over — they live their metaphysics; they live their magic.*

*We ask you: Allow more space and time for the adventure; allow more space and time for dreaming, for weaving dreams, for visioning, and for making your visions real. Allow more space. Allow more time. No longer needing to chase rainbows, you can discover the gifts and treasures at rainbow's end. It is your choice. Choose.*

**~ Lazaris** Underlying Truth, 2000, The Year of Dominion

*You are at a particular precipice where you're about to step into a life you have never experienced before. You are about to step into the years of your life of uncharted territory.*

~ Lazaris, **Magic in the Telling:**

**Charting New Beginnings and Directions**

When you wake up in the morning, the cells in your body have pushed the reset button.  And if you don't introduce negative beliefs that you have about your body or about your ability as soon as you wake up – then you have fresh start.

~Abraham

**“This moving away from comfort and security, this stepping out into what is unknown, uncharted and shaky – that’s called liberation.”**

~ Pema Chödrön

Because suffering is impermanent, that is why we can transform it.

Because happiness is impermanent, that is why we have to nourish it.

- Thich Nhat Hanh

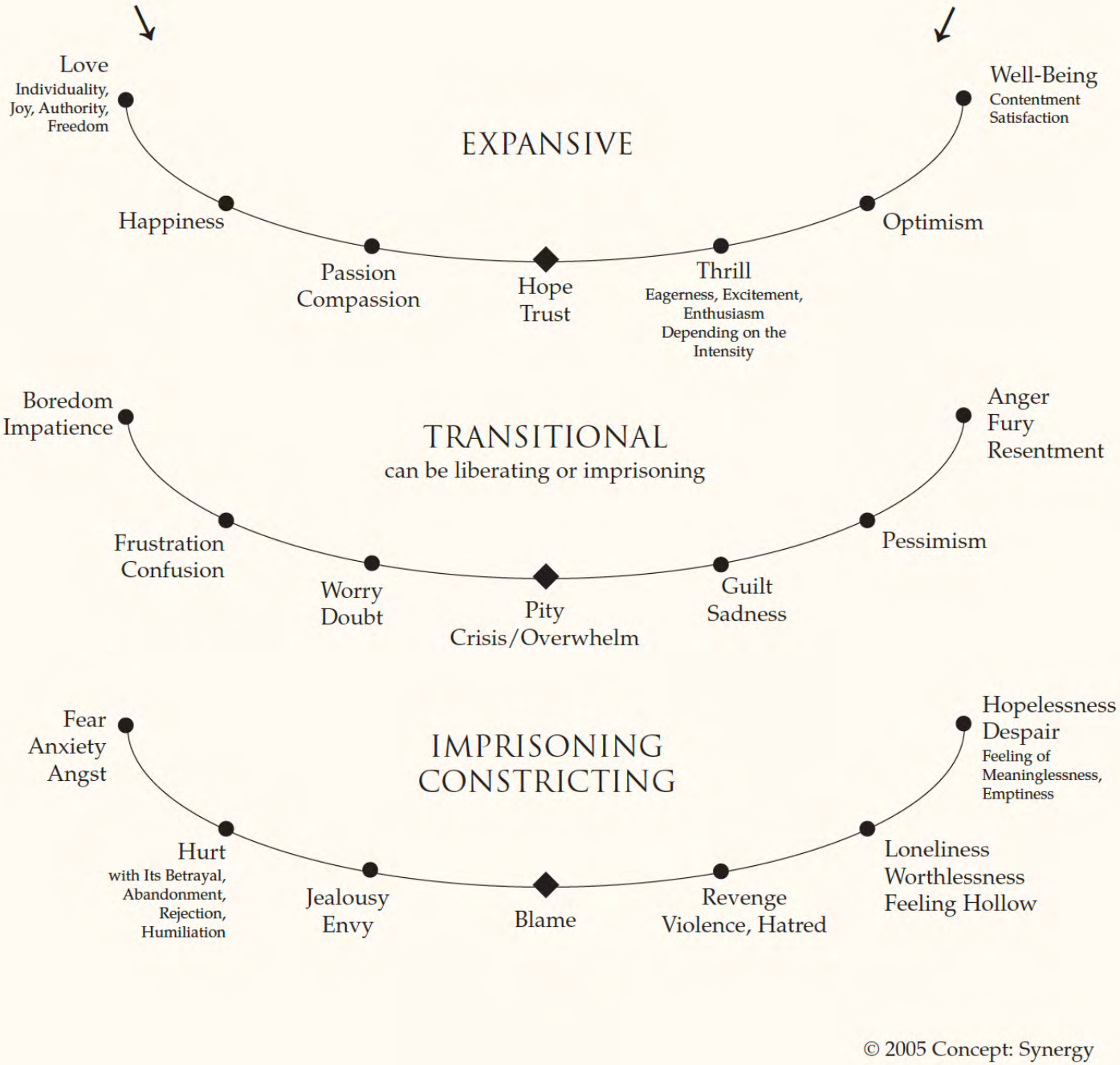
# TIERS OF EMOTION

(FREQUENCIES)

From *Charting a New Course: Living Your Dream, Loving Your Life*
*Evening with Lazaris, May 2005*

**Left to Right**
degenerates to
lower frequencies

**Right to Left**
lifts or elevates
to higher resonance

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# Some additional handouts ....

# For later in the program

# Carmel's Yoga

**CROCODILE SCREWS - SPINE LIMBERING**

| | Description | Repeat Each Side |
|---|---|---|
| 1 | Legs together, flat on floor, toes pointing to ceiling.<br>Shoulders flat on floor, arms outstretched to shoulder height, palms facing ceiling.<br>Inhale. Exhale as head turns to left and body turns to right.<br>Inhale back to centre. Exhale as head turns to right and body turns to left.<br>Inhale back to centre. | 7-10 |
| 2 | Right ankle crossed over left ankle.<br>Inhale. Exhale as head turns to left and body turns to right.<br>Inhale back to centre. Exhale as head turns to right and body turns to left.<br>Inhale back to centre.<br>Left ankle over right ankle. Repeat above steps. | 7-10 |
| 3 | Right heel on top of left big toe. Head to left, body to right, head to right, body to left. Left heel on top of right big toe. Follow the same breathing pattern. | 7-10 |
| 4 | Right ankle on left leg, above knee. Head to left, body to right, head to right, body to left. Repeat | 7-10 |
| 5 | Legs together, bend knees toward chest. Head to left, body to right (knees heading to elbows); head to right, body to left. Follow the same breathing pattern. | 7-10 |
| 6 | Bend knees, feet flat to floor, 30 inches apart. Head to left, body to right, head to right, body to left. Let the outside knee relax, work the inside knee towards the floor. Follow the same breathing pattern. | 7-10 |
| 7 | Left knee bent, foot sole on floor, right leg vertical, straight, foot sole facing ceiling. Head to left, body to right (foot heading towards fingers); head to right, leg to left. Change legs. | 7-10 |
| 8 | Both legs raised vertical, straight, foot soles facing ceiling. One leg at a time, head to left, body to right (feet heading towards fingers); head to right, leg to left. Change legs. Follow the same breathing pattern. | 7-10 |
| 9 | Hands behind head, knees to chest. Head to left, body to right, head to right, legs to left. Follow the same breathing pattern. | 7-10 |
| 10 | Lie on left side, knees bent and hands on knees. Left hand holding right knee in place. Extend right hand and make a big circle, following with eyes. Keep head relaxed on floor. Make 7 circles in each direction, then repeat on right side, right hand holding left knee in place. Follow the same breathing<br>pattern. | 7 |
| 11 | Lying on your back, with bent knees to protect your back, legs wide for stability, arms stretched out beyond head. This is the start position. Inhale. Exhale as you circle forward with both arms. Inhale as you return to start position. It is not particularly an abdominal exercise, but you will observe good technique: lower back flat to floor, tummy muscles drawn in as you come forward. When you arrive back at the start position you may notice the arch in lower spine reappears. That's OK but be sure to prepare and eliminate the arch on the next moves forward. | 7 circles each direction |
| 12 | Fish Flop - foot soles together, knees flopping open, arms resting above head.<br>Release and relax for a couple of minutes. | |

# 10 Steps for R2

1. Call in TF 3X's.

2. Free to accept or reject.

3. On Face # 1 + # 3 + # 1

4. Place TF in front. Head on left or right.

5. Indicate proxy.

6. # 1 over Basic 1 (+ extras if needed)

7. Move proxy around for Basic II.

8. Basic II. # 1 + # 2 + # 1
   (IB to CM)

9. Turn proxy over.
   Proceed with Basic III using #1.

10. Turn proxy over…. BLESS & DISMISS.

# Reiki 2 On Self

Find the line that indicates...

#1. Q

A.

#2. Q

A.

# Reiki 2 Gifted by another

Find the line that indicates...

#1. Q

A.

#2. Q

A.

## THE MAIN VERSES OF THE SIX BARDOS

Now when the bardo of birth is dawning upon me,
I will abandon laziness for which life has no time,
enter the undistracted path of study, reflection and meditation,
making projections and mind the path and realize the three kayas.
now that I have once attained a human body,
there is no time on the path for the mind to wander.

Now when the bardo of dreams is dawning upon me,
I will abandon the corpse-like sleep of careless ignorance,
and let my thoughts enter their natural state without distraction.
controlling and transforming dreams in luminosity,
I will not sleep like any animal
but unify completely sleep and practice.

Now when the bardo of Samadhi-meditation dawns upon me,
I will abandon the crowd of distractions and confusions,
and rest in the boundless state without grasping or disturbance.
firm in the two practices: visualization and complete,
at this time of meditation, one pointed, free from activity,
I will not fall into the power of confused emotions.

Now when the bardo of the moment before death dawns upon me,
I will abandon all grasping, yearning and attachment,
enter undistracted into clear awareness of the teaching,
and eject my consciousness into the space of unborn mind.
as I leave this compound body of flesh and blood
I will know it to be a transitory illusion.

Now when the bardo of dharmata dawns upon me,
I will abandon all thoughts of fear and terror,
I will recognize whatever appears as my projection
and know it to be a vision of the bardo.
now that I have reached this crucial point,
I will not fear the peaceful and wrathful ones, my own projections.

Now when the bardo of becoming dawns upon me,
I will concentrate my mind one-pointedly,
and strive to prolong the results of good karma,
this is the time when perseverance and pure thought are needed.

With mind far off, not thinking of death's coming,
performing these meaningless activities,
returning empty-handed now would be complete confusion.
the need is recognition, holy dharma,
so why not practice dharma at this very moment?
From the mouths of siddhas come these words:
If you did not keep your guru's teaching in your heart,
will you not become your own deceiver?