



Usui Reiki Retreat  
Muskoka, Canada  
Sept 6-12, 2024

# USUI REIKI RETREAT

Sept 6<sup>th</sup>-12<sup>th</sup>, 2024

Muskoka, Canada

## **Friday, September 6<sup>th</sup>**

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

## **Saturday, September 7<sup>th</sup>**

8 AM	Breakfast	Dining Room
9:30 AM	Commence	Conference Room
12:00 PM	Lunch	Dining Room
1:15 PM	Re-convene	Conference Room
7:00 PM	Dinner	Dining Room
8:30 PM	Re-convene	Conference Room

## **Sunday, September 8<sup>th</sup>**

7 AM	Meditation	Conference Room
8 AM	Breakfast	Dining Room
9:30 AM	Re-convene	Conference Room
12:00 PM	Lunch	Dining Room
1:15 PM	Re-convene	Conference Room
7:00 PM	Dinner	Dining Room
8:30 PM	Re-convene	Conference Room

## **Monday, September 9<sup>th</sup>**

7 AM	Meditation	Conference Room
8 AM	Breakfast	Dining Room
9:30 AM	Re-convene	Conference Room
12:30 PM	Lunch	Dining Room
1:30 PM	Re-convene	Conference Room
6:00 PM	Dinner	Dining Room
7:30 PM	Re-convene	Conference Room

**Tuesday, September 10<sup>th</sup>**

7 AM	Meditation	Conference Room
8 AM	Breakfast	Dining Room
9:00 AM	Re-convene	Conference Room
12:30 PM	Lunch	Dining Room
1:30 PM	Re-convene	Conference Room
7:00 PM	Dinner	Dining Room
8:30 PM	Re-convene	Conference Room

**SILENCE UNTIL...**

**Wednesday, September 11<sup>th</sup>**

**SILENCE UNTIL...**

11:30 AM	Gathering	Conference Room
12 PM	Lunch	Dining Room
1:15 PM	Re-convene	Conference Room
7:00 PM	Dinner	Dining Room
8:30 PM	Re-convene	Conference Room

**Thursday, September 12<sup>th</sup>**

7:00 AM	Final Meditation	Conference Room
10:30 AM	Brunch & Final Celebration	Dining Room

(Checkout by 11 am)

## **The Benefits of a Retreat....**

(Taken, with gratitude, from the sacred content of the Vajradhara Gumpa Newsletter).  
Thank you.

“The teachings we receive from our precious masters enable us to study, reflect, and put the Dharma (Dharma i.e. teachings, Reiki) into practice in our daily lives.”

But as beginners alertness and mindfulness are difficult to maintain in our day to day lives. There is constant distraction. As Dzongsar Khyentse Rinpoche says, “Our mind wanders all the time. There is nothing that our mind does not want to do. It will run after everything.” Because of our constant interaction with life’s endless distractions, we may never take the opportunity to accomplish the practice deeply. A strong intention to stabilize our mind is vital if we are to bring greater awareness into our lives.

By removing ourselves from outer distractions and finding an environment conducive to retreat, we can focus more strongly on our practice and go more deeply into it.

A retreat creates the ideal conditions for strengthening our concentration, inspiring us to go deeper into our limitless nature and bringing about a more enduring stability of mind. All this helps us to develop real trust in the Dharma (at this time, Reiki!)

The positive effects of a successful retreat will flow on into our daily lives, bringing about more flexibility, openness and empathy towards ourselves and others.

Clearly, the most important attitude for a retreatant to adopt is a positive and pure one. In this regard, Thinley Norbu in his book “Gypsy Gossip” says, “If your intention is not clear, if you aren’t really weary of samsara, then going into retreat is just another game. (Samsara?... the endless round of birth, death and rebirth, pervaded by suffering, of which this present life is but a single instance.... Going round and round). Even if you stayed for your whole life, you would not learn anything. Many animals spend their lives in caves or in the ground like groundhogs, just eating and shitting without practicing Dharma”. The Buddha said that people, who go into retreat without first understanding real Dharama, have the solitude of a demon’s hook.

“The same is true for those who understand Dharma but have no intention of benefiting sentient beings, just wanting to go from samsara’s suffering to samsara’s vacation. When people who have spent time in solitude without understanding come into retreat, only their hair, beards and fingernails are longer, otherwise everything is the same.

When they come out, they have more ego than before and they boast about their accomplishments with saintly pride or siddha arrogance.

A person who has the maturity to be in solitude can progress and develop through solitudes beautiful appearances.

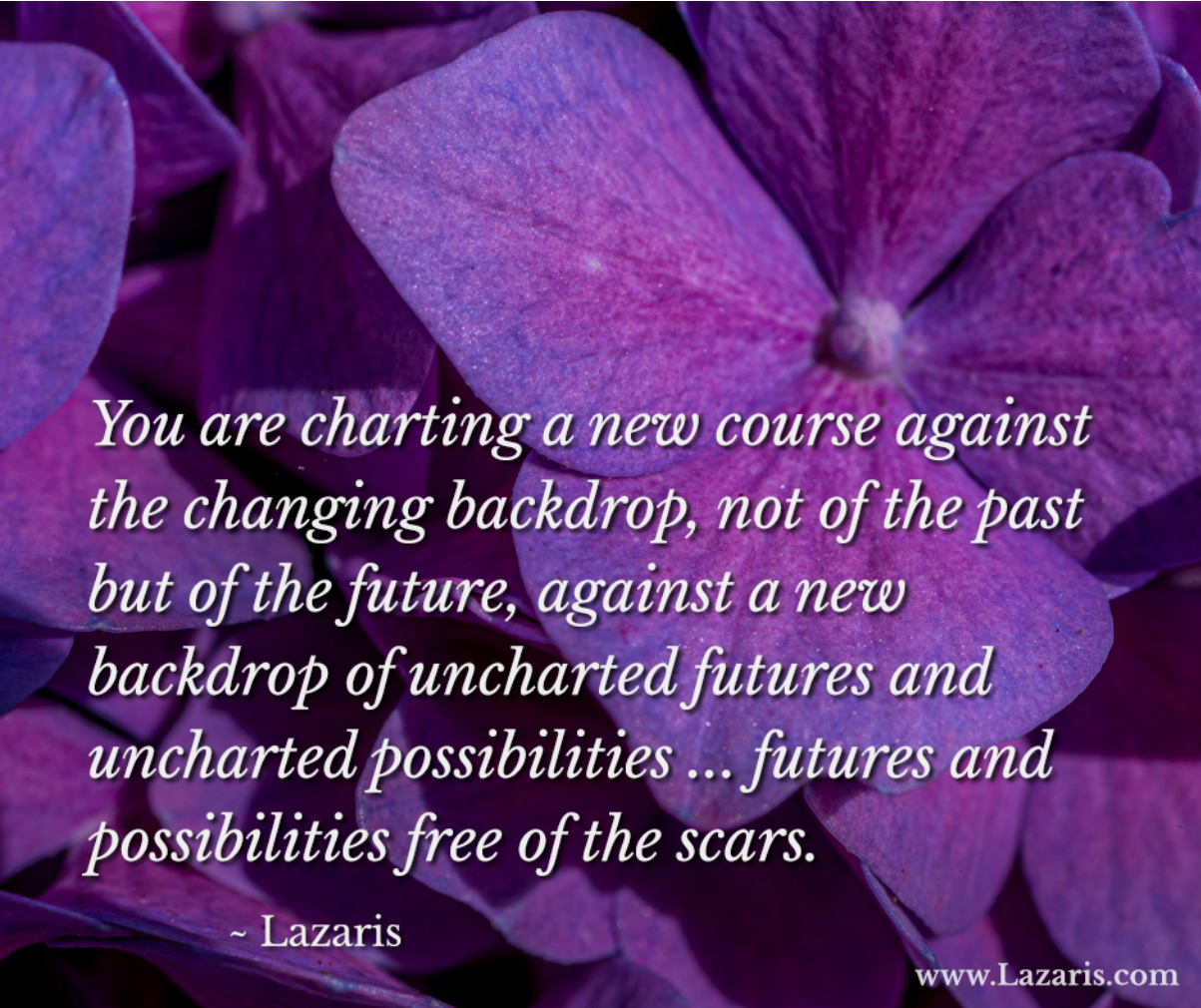
“Buddha Shakyamuni said that whoever takes even seven steps towards a solitary place with the intention to attain enlightenment brings about immeasurable benefit. In ancient times many sublime individuals (like Padmasambhava) gave blessings in sacred places for the benefit of future practitioners. In the present time of Kali yuga, we can automatically realize many qualities if we can do our solitary practice with pure intention.”

Jangchub

Question: Pure Intention?  
Spiritual Vacation?  
Other?

With Love,  
Denise





*You are charting a new course against  
the changing backdrop, not of the past  
but of the future, against a new  
backdrop of uncharted futures and  
uncharted possibilities ... futures and  
possibilities free of the scars.*

~ Lazaris

[www.Lazaris.com](http://www.Lazaris.com)

Do not be afraid to love.

Without love, life is impossible.

We have to learn the art of loving.

Love by the way you walk, the way you sit, the way you eat.

This world very much needs love.

I am more and more convinced that the next Buddha may not just be one person, but he may be a community, a community of love.

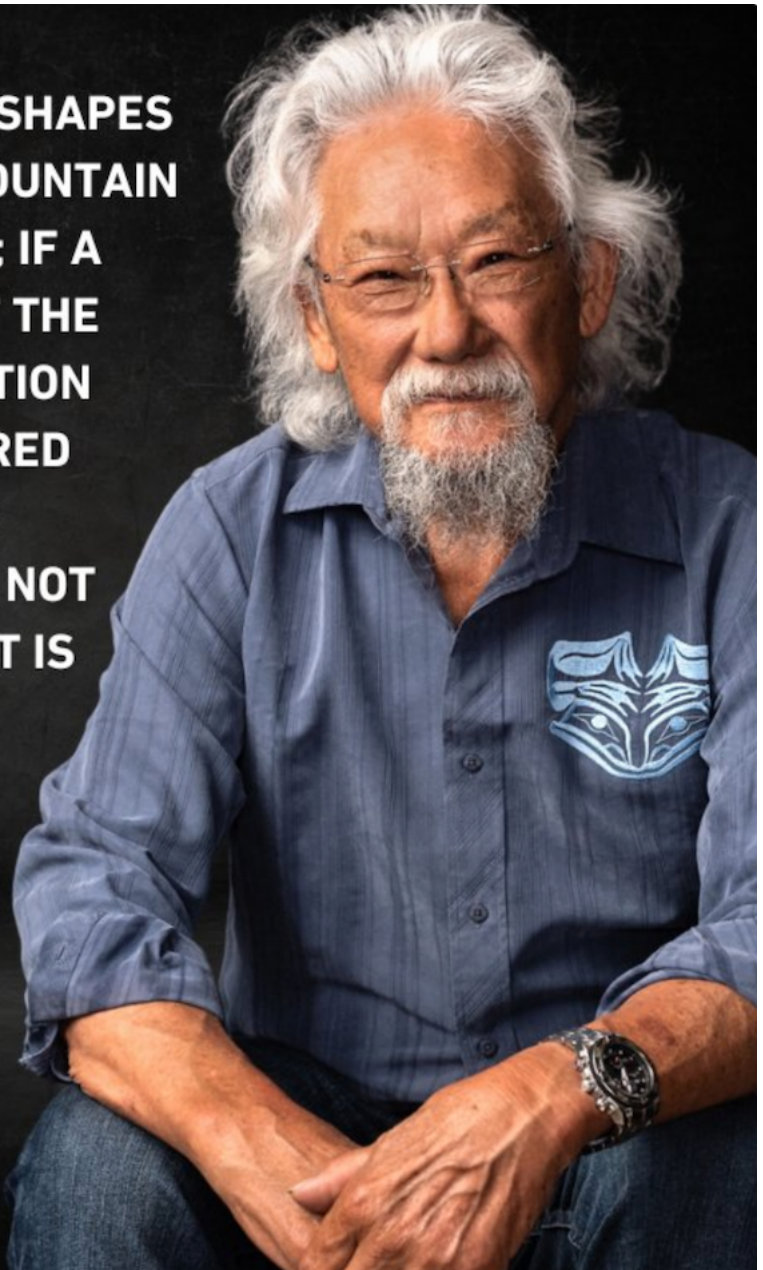
We need to support each other to build a community where love is something tangible.

This may be the most important thing we can do for the survival of the earth.

-Teachings on Love – Thich Nhat Hanh

**THE WAY WE SEE THE WORLD SHAPES  
THE WAY WE TREAT IT. IF A MOUNTAIN  
IS A DEITY, NOT A PILE OF ORE; IF A  
RIVER IS ONE OF THE VEINS OF THE  
LAND, NOT POTENTIAL IRRIGATION  
WATER; IF A FOREST IS A SACRED  
GROVE, NOT TIMBER; IF OTHER  
SPECIES ARE BIOLOGICAL KIN, NOT  
RESOURCES; OR IF THE PLANET IS  
OUR MOTHER, NOT AN  
OPPORTUNITY -- THEN WE  
WILL TREAT EACH OTHER  
WITH GREATER RESPECT.  
THIS IS THE CHALLENGE, TO  
LOOK AT THE WORLD FROM A  
DIFFERENT PERSPECTIVE.**

David Suzuki





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***“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?***

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Learning how to relate sanely with our chaotic world is no longer a luxury.  
It's our responsibility. Good thing it's something we're all capable of doing.

~ Pema Chödrön



*"I'm getting too old for a broom."*

## **Both Love and Fear Consume**

R2 John Crundall

Joy, Warmth, Love, Welcome...

This place be as a warm fire on a cold night. As be your centre.

Respite from the wind, winds of change. Much fear in the wind, much fear on the wind, for it would almost appear that fear travels faster than the Love and that the love can't keep up with the fear for it moves too quickly, spreads like fire on the wind – destructive thoughts.

For how come that fear fascinates Humanity, and Love not be the stuff of discussions? For it be, that fear plays upon instinct and love plays upon Spirit.

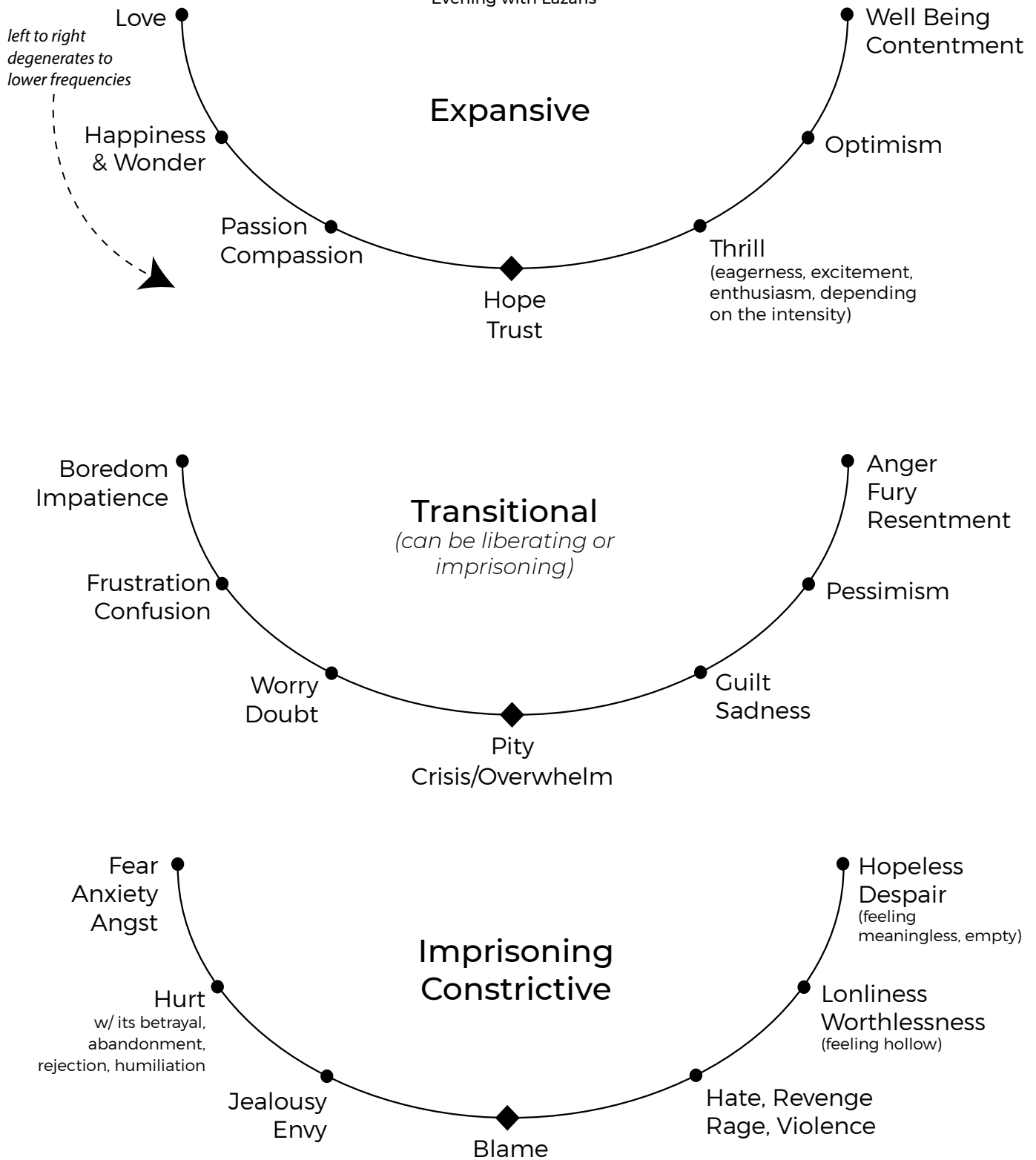
And fear being a lower vibration, be the beginning of the journey to Love. So to begin the journey up the mountain, one must first conquer the fear of the journey itself.

Fear be a great motivator as is Love. Fear be a great teacher – a great warrior, but it be the gateway through to Love. For there be much fear of being consumed and both Love and fear consume. Fear consumes the body and the emotions.... And Love consumes the Soul and the heart. So, you can see why many are afraid to let the Love in. Would rather deal with fear for it only consumes part of the being, But Love, when embraced, consumes the Soul.

.... Important at this time that people have a community, a refuge. For there be many conflicting messages bombarding humanity at this time. Conflict between heart and mind and safety. So the animal is strong... And yet is must die for the human to be born. And then the human must embrace their Soul for the Christ Child to be born. That which would grow to become as the Father.

# Tiers of Emotion (Frequencies)

originally from  
*Charting a New Course: Living Your Dream, Loving Your Life*  
Evening with Lazaris





**"It's your road, and yours alone.  
others may walk it with you,  
but no one can walk it for you."  
- Rumi**



[Logo] David  
Photography

## 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?