

**About the retreat:** The INTERNATIONAL HOUSE OF REIKI teaches from the Japanese perspective where the initiation process, course information and techniques taught stem directly from Japan. The three day retreat „How Japanese spiritual teachings formed and influenced the system of Reiki“ is not simply theoretical. Withdrawn in the Kyōtō mountains area you are invited to feel that Reiki energy in touch with natural elements to become one with it. If you are interested in knowing more about the roots of Reiki and experiencing the energy yourself in Reiki’s birthplace you will just love that retreat.



**About your Reiki teacher:** The international renowned Reiki teacher Frans Stiene has been a major influence on global research into the system of Reiki since the early 2000s. His practical understanding of the Japanese influences on the system have allowed students around the world to connect deeply with this practice. Frans is a co-founder of the International House of Reiki and Shibumi International Reiki Association with his wife Bronwen Stiene. He has also co-authored with her some bestselling and critically acclaimed books like the *Japanese Art of Reiki* or *The roots of Reiki*.

**About your tour guide and organiser:** In 2016 Oliver Drewes completed his Gendai Reiki Hō teacher level by Hiroshi Doi Sensei in Japan. In 2017 he translated Doi’s book *Iyashino Gendai Reiki Hō* from English and published it in his spiritual publishing house. In 2018 he participated in Frans Shinpiden course, 2019 he published as one of two translators Frans’ book *The Inner Heart of Reiki* in German language. Since 2014 he has been organising trips to palm leaf libraries in Asia after having written about this special fortune telling in his book *The Indian Secret*.

### 18th of November 2019 (11th day)



**Destination: Mount Hiei**

**Overnight stay: Kyōtō**

This day we visit **Mount Hiei** east of Kyōtō. The sacred mountain with its extensive **temple complex Enryaku-ji** is known as the mother of Japanese Buddhism and includes important tendai school monasteries, which have been part of the **UNESCO World Heritage historical Kyōtō** since 1994. It is believed that Usui Sensei was trained here in tendai buddhism. Especially the **temples Jodo-in, Hokke Soji-In, Ninai-do and Joko-in** are associated with this philosophy. It is said that in the monasteries there are still copies of old sutra texts on which Usui Senseis buddhist name Gyohan could be found.

### 19th of November 2019 (12th day)



**Destination: Nara**

**Overnight stay: Kyōtō**

A short hour’s drive from Kyōtō we reach the **old imperial city of Nara**. Along the way we have many oportunities forstops, for example the large **buddhist temple complex** near Jr Tofukuji Station or Kyōtōs most popular tourist attraction, the **Fushimi Inari Taisha shrine**, right across from JR Inari Station. Nara itself has several attractions such as the **five-level pagoda temple Kofukuji**, the almost **15-metre-high Buddha statue** in the **Tōdai-ji temple** and the **Kasuga-Taisha shrine**, famous for its many lanterns and being part of the **UNESCO World Heritage**. Those to whom the day means too much mileage, can alternatively relax comfortably in Kyōtō.

### 20th of November 2019 (13th day)



**Destination: Kyōtō**

**Overnight stay: Kyōtō**

As we have seen many temples already, visiting the **Sagano bamboo forest in Arashiyama** is a great opportunity for today. Here an ascending path leads to the open public Okochis Mountain Villa, former home of a famous Japanese movie. Not only the garden architecture itself is impressive, also the view over Kyōtō between the wide mountains is beautiful. For dinner the Arashiyama Kahaku Dou is recommend, a restaurant with a colonial ambiance, an outdoor terrace, good and cheap cuisine.

### 21st of November 2019 (14th day)



**Destination: Taniai**

**Overnight stay: Narita**

On the way back towards Tōkyō, a rented minibus awaits us in Gifu Hashima, bringing us to Taniai, the **birthtown of Mikao Usui Sensei**. Our first stop is the **Amataka-Jinjya shrine**, where the names of Usui Sensei and his brothers are carved into entrance gate that they donated to the shrine. After visiting the **square of the former birth house of Usui Sensei**, we go to the **sake source of the Usui family**. The last stop is the approximately 800-year-old **temple Zen-do-ji**, which testifies the connectedness of the Usuis still living there with the village of Taniai. With the Shinkansen we reach Tōkyō in under 2 hours and enter the Narita express train to our hotel in Narita.

### 22nd of November 2019 (15th day)



**Destination: Tōkyō**

**Overnight stay: Narita**

A worthwhile sight of Tōkyōs is the **Asakusa Temple**. The oldest and most important buddhist temple from the 7th century used to belong to the Tendai school. It would be more than surprising if Usui Sensei, who belonged to this direction and ran his Dōjō in Tōkyō, had not also been here. To the right of the temple you can see through the houses the **Skytree**, with 634 m the second highest building on earth. The top viewing platforms offer an extraordinary view of the expansion of the millions inhabitants counting metropolis. It’s a beautiful contrast of the modern Tōkyō to the more traditional heritage that we had seen and a beautiful end of the journey.

### 23rd of November 2019 (16th day)



**Destination: Tōkyō Narita Airport**

After the hotel check-out, not far away from the airport Tōkyō Narita we start with unforgettable beautiful memories of the journey on the footsteps of Mikao Usui our way back home.

### Japan Journey GRJ16-1911

**16 Days Reiki-trip & 3-day retreat 3.020 € / 3,420 USD**

**Included in the price:**

- all overnight stays of the 16-day trip, mostly in shared double room with breakfast
- sightseeing bus in Atami
- express bus (2 1/2 hours) to Kawaguchi Lake and Mount Fuji
- Kawaguchi sightseeing buses of the green and red line
- entrances to the sights according the tour description
- participation fee for Reiki-meeting koryu-kai
- travel organisation and group escort on site by tour operator and Reiki teacher Oliver Drewes
- 3-day retreat „How Japanese spiritual teachings formed and influenced the system of Reiki“ worth 530 € / 600 USD (included) with Frans Stiene

**Not included in the price:**

- meals
- insurances
- personal costs like laundry service et cetera
- taxi rides
- everything else that is not listed as included in the price

**Additional costs for third parties:**

- international flight
- Japan Rail Pass Standard\* (14 days), price approx. 355 € / 400 USD
- hired bus to Taniai, proportionately shared\*\*

\* = valid for all trains on the JR route including Shinkansen high-speed trains and Narita Express trains. Booking at <https://www.jrailpass.com>. Possibly plus €26 shipping costs.

\*\* = The cost of the rental bus to Taniai are about 65,000 yen (approx. 500 € / 510 USD) and are divided by the number of participants of our group and possibly Japanese Reiki Practitioners from the meeting who would like to join us (the last time in October 2016 we were 15).

Prices in Euro / USD. Deposit amount = 20% of the total price after having received the booking confirmation. Due date of the remaining payment = no later than 4 weeks before departure.

Last update: 2019-03-07. Errors reserved. Our general terms and conditions apply. More information such as changes, minimum number of participants, group composition, entry and health regulations, blacklist as well as a booking form can be found on the homepage link <http://holistika.de/seminar-reisen/16-day-reiki-trip-to-japan/>



# 16 Days Reiki Japan Trip

Following Mikao Usui’s footsteps

08.-23.11.2019

## Itinerary

Tōkyō Narita airport • Daytrip to memorial stone and Meiji-Shrine in Tōkyō via Narita Express train • Atami via Shinkansen speed train • Daytrip to Kawaguchi Lakes / Fuji Mountain via Mishima Express bus • Kyōtō via Shinkansen • Kyōtō sightseeing and trips to Mt. Kurama & Kurama Onsen, Mt. Hiei and Nara • Birthtown Usui Senseis via Shinkansen to Gifu Hashima and from there with hired bus • Narita via Shinkansen passing Tōkyō • Daytrip to Tōkyō via Narita Express train • Tōkyō Narita airport

Following Usui Sensei's footsteps: Memorial stone & Meiji-shrine in Tōkyō, Kyōtō with Mt. Kurama & Mt. Hiei and Usui's birthtown Taniai

3-day Retreat „How Japanese spiritual teachings formed and influenced the system of Reiki“ withdrawn in the mountains

## 8th of November 2019 (1st day)



Destination: Narita

Overnight stay: Narita

Individual arrival after international flight at the Tōkyō-Narita airport from where it will be easy to get to our hotel.

## 10th of November 2019 (3rd day)



Destination: Atami

Overnight stay: Atami

By high-speed train Tōkaidō Shinkansen we reach the seaside town **Atami**. Here Chujiro Hayashi had his country house and departed there from life. Here **hotel with onsen** (hot mineral-rich spring water) is within walking distance between the train station and the beach. Freed of luggage we enter the **Yuyu bus**, on which we can hop on and off for many sightseeing stops. Highlights are the **seafront promenade** and the **Atami castle** overlooking the coast. In addition there are stops like the former second largest **geyser** in the world, to which the thermal spring and spa town owes its publicity.

## 12th of November 2019 (5th day)



Destination: Kyōtō

Overnight stay: Kyōtō

After checking out at the hotel in Atami, we walk to the nearby train station, one of the few stations on the Shinkansen route. In under 2 hours we reach Kyōtō and check in at our hotel. Highlight of the day will be visiting the **Shorenin temple** at the foot of Kyoto's Higashiyama mountains. This was in Mikao Usui's time the head temple of the Tendai Buddhist community, that was located at Mt. Hiei and practiced on Mt. Kurama. It is not known for sure where Usui Sensei practiced Zazen for three years before finding enlightenment on Mt. Kurama but this is one of the most possible locations to be found.

## 14th of November 2019 (7th day)



Destination: Kyōtō

Overnight stay: Kyōtō area

First day of the retreat „How Japanese spiritual teachings formed and influenced the system of Reiki“.

## 16th of November 2019 (9th day)



Destination: Kyōtō

Overnight stay: Kyōtō area

Third day of the retreat „How Japanese spiritual teachings formed and influenced the system of Reiki“.

## 9th of November 2019 (2nd day)



Destination: Tōkyō

Overnight stay: Narita

At this morning we first visit the **Saihoji-temple** in Tōkyō. Here we find the Usui Sensei's memorial stone, whose inscription provides us facts about the life and work of Usui Sensei. By Metro we go to the **centre of Tōkyō**, modern and turbulent, a real counterpoint to our devotional morning experience. After lunch in a **trendy sushi bar**, we walk to the **Meiji-jingū**, the Shinto shrine dedicated to the souls of the Meiji Emperor and his wife Shōken-kōtaigo. Usui Sensei venerated the Meiji Emperor and has chosen 125 of his Gyosei poems for the Reiki practice to release idle thoughts.

## 11th of November 2019 (4th day)



Destination: Mount Fuji

Overnight stay: Atami

Early by train and express bus we drive to **Kawaguchi Lake**. Using the combination ticket of the green and red sightseeing bus lines we make various stops around **Mount Fuji**. Worth to take is a **cable car** upon a hill for a magnificent view. Very beautiful is the view of Japan's most famous mountain over a large-scale floral arrangement north of the Kawaguchi lake. Very worthwhile is the visit of the reconstructed old Japanese village **Saiko Iyashino Sato Nenba**, located at the western end of the neighbouring Saiko lake. Back in our hotel you can finish the day by taking a private onsen bath or public onsen with beach view on the roof top.

## 13th of November 2019 (6th day)



Destination: Kurama

Overnight stay: Kyōtō

On this day we will have another highlight of the trip: the visit of **Mount Kurama**. 570 meters high, it hosts over twenty temples and shrines. For Reiki practitioners of all lineages, this is a place of great importance, because here Mikao Usui Sensei had his enlightenment experience in 1922 and became aware that as well he had been given the gift of healing. At the top of the mountain at the **Osugi Gongen temple** we take some time to absorb the energy of the place. After descending, back in the valley we visit the **Kurama Onsen** before heading back to Kyōtō.

## 15th of November 2019 (8th day)



Destination: Kyōtō

Overnight stay: Kyōtō area

Second day of the retreat „How Japanese spiritual teachings formed and influenced the system of Reiki“.

## 17th of November 2019 (10th day)



Destination: Ashiya

Overnight stay: Kyōtō

In the morning we go back to our already known hotel in Kyōtō. From here we take the train to nearby **Ashiya**. Every third Sunday of the month, traditionally Japanese Reiki practitioners meet here for **Koryu-kai**, this time with us as international guests. Organized by the Gendai Reiki network, this meeting is open to practitioners of all Reiki lineages. The evening probably ends with a common dinner in a restaurant within walking distance, together with several dozens of participants of the exchange meeting. Walking to the nearby train station we drive back to our hotel in Kyōtō.