

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 „The system of Reiki from a traditional Japanese perspective“ is not simply theoretically deepen the understanding. It’s practical working, chanting mantras, feeling aspects of esoteric Buddhism energy inside the Reiki system and become one with it along the path towards Anshin ritsumi. If you are interested in knowing more about the roots of Reiki and experiencing the energy yourself in Japan, Reiki’s birthplace you will just love that trip.



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 organizer: 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 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 a book about this special fortune telling. Since 2019 he organized Japan trips for Reiki practicing people.

16th of November 2023 (11th 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. Here, over 100 years ago, 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 to the valley, we go back by train again to Kyōtō.

17th of November 2023 (12th day)



Destination: Kyōtō

Overnight stay: Ōsaka

After checking-out, our bus chartered for the next three days, awaits us. The way back to our hotel in Ōsaka Kansai, we use for some sightseeing stops. An unforgettable site is the **Kinkaku-ji temple**, the „Golden Pavilion“ in the northern part of Kyōtō. Quite close is the **Ryoan-ji temple**, famous for its Zen Garden with mystical 15 rocks floating in the sea of white gravel. Heading south we visit **Nishi-Hongan-ji temple** with some impressive halls and a finely carved wooden gate. It’s related to Usui Sensei for being Pure Land Buddhist. Next stop and chance for having lunch is the huge **Kiyomizudera temple**, that overlooks the southern Higashiyama district.

18th of November 2023 (13th day)



Destination: Mt. Koya

Overnight stay: Ōsaka

Arguably the **most mystical of Japan’s sacred mountains**, Koyasan has hundreds of temples and temple gardens. Mount Koya is an important pilgrimage site for Shingon Buddhism, a form of esoteric or tantric Buddhism introduced to Japan in the 9th century by the monk Kukai (774-835), who after his death became known as Kobo Daishi. Attractions such as **Damain Gate**, **Danjo Garan**, **Kongobuji Temple** and **Reihokan Museum** are close to each other. The roughly 2 km path to **Kobo Daishi’s mausoleum** is lined with ancient trees that are up to a thousand years old, as well as more than 200,000 stone monuments, combining to create a subtle yet profound atmosphere.

19th of November 2023 (14th day)



Destination: Mt. Yoshino

Overnight stay: Ōsaka

For many centuries **Yoshinoyama** has been a center of Shugendō, a religion based on mountain worship that combines tenets of both Buddhism and Shinto. After arriving by our chartered bus, you have around seven hours to explore the area. Among the top attractions are the **Kinpusenji temple** (most important one of Yoshino), **Yoshimizu Shrine** (Emperor Go-Daigo’s temporary quarters), **Sakuramoto temple** (Shugendō mountain worship), **Chikurin-in temple** (beautiful garden) and, 70 minutes away from the parking space, **Mikumari shrine** (unusual architecture). On the way or the loop you have a lot of opportunities for lunch and tea or coffee break.

20th of November 2023 (15th day)



Destination: Ōsaka Airport

After the hotel check-out, not far away from the **Ōsaka airport**, you start with unforgettable, beautiful memories of our trip on the footsteps of Mikao Usui, your way back home.

Japan Journey GRJ15-2311

15 Days Reiki-trip & 3-day retreat 3.490 €

Included in the price:

- all overnight stays of the 15-day trip, mostly in shared double rooms
- entrances to the sights according the tour description
- participation fee for Reiki-meeting koryu-kai (worth 45 €)
- tour operator liability insurance
- travel organization and group escort on site by tour operator and Reiki teacher Oliver Drewes
- translations at koryu-kai, Zazen workshop and Calligraphy workshop
- 3-day retreat „The system of Reiki from a traditional Japanese perspective“ (worth 550 €) with Frans Stiene

Prices in Euro. 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: 2023-07-13. Errors reserved. Our general terms and conditions apply. More information such as minimum number of participants, entry and health regulations, blacklist as well as a booking form can be found on the homepage link <https://holistika.de/english-information/reiki-trip-to-japan-2023>

Japan Journey GRJ15-2311

Not included in the price:

- international flight tickets
- meals (breakfast, lunch, dinner)
- private insurances
- entrances or costs for activities apart from the tour description
- personal costs like laundry service et cetera
- everything else that is not listed as included in the price
- everything that is listed as Additional costs of third parties

Additional and [optional] costs of third parties:

- chartered busses and minibus transfers on six days, proportionately shared (around 335 €)*, therefore no Japan Rail Pass for 350 € necessary
- costs for distance train rides (around 70 €)*
- costs for traffic means like local train, metro, bus, taxi or cable car (around 100 €)
- [Shinto blessing ceremony during Taniai visit (around 20 €)]*
- [Zazen workshop fee (around 40 €)]*
- [Calligraphy workshop fee (around 25 €)]*
- for payments from outside Europe, intern. money transfer costs **

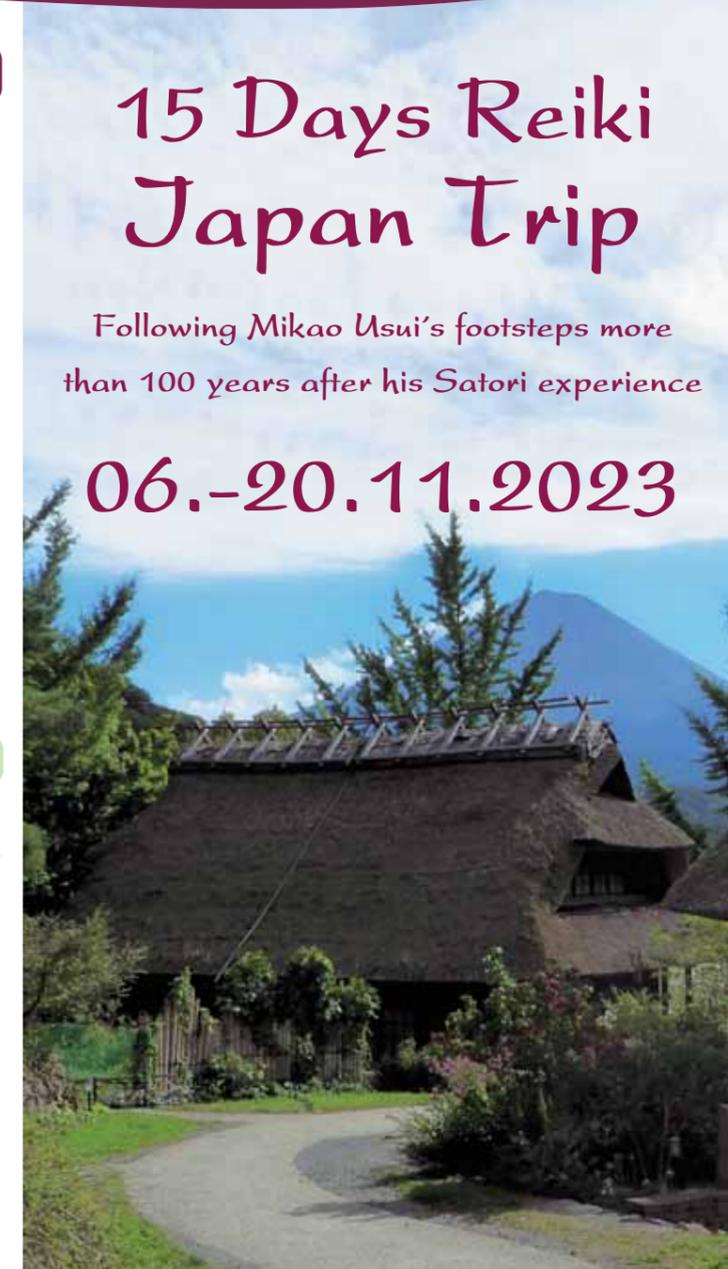
* = estimated costs, money collected in advance, difference to real costs refunded after the trip

** = Amount for international bank transfer depending on your bank. To carry from customer’s site only.

15 Days Reiki Japan Trip

Following Mikao Usui’s footsteps more than 100 years after his Satori experience

06.-20.11.2023



Itinerary

1 overnight stay in Ōsaka Kansai • 5 overnight stays in Nara, Retreat and sightseeing • 1 daytrip for Koryu-kai meeting and dinner with Hiroshi Doi's Reiki practitioners community • 1 overnight stay at Mt. Hiei & Zazen workshop • 4 overnight stays in Kyōtō, Shakyō workshop and sightseeing in Japan's most beautiful town • 1 daytrip to Usui Sensei's birth town & Shinto blessing ceremony • 1 day trip to Mt. Kurama, place of Usui Sensei's satori • 3 overnight stays in Ōsaka Kansai • 1 day trip to Mt. Koya • 1 day trip to Mt. Yoshino • Ōsaka airport



6th of November 2023 (1st day)



Destination: Ōsaka

Overnight stay: Ōsaka

Individual arrival after international flight to **Ōsaka Kansai airport**. Just one train station away, it is easy to get to your hotel. It's located in a tower building that is directly connected to the train station.

7th of November 2023 (2nd day)



Destination: Nara

Overnight stay: Nara

After breakfast we go to Nara by train. Our wonderful hotel, right next to the train station, is close to the center of the old imperial city of Nara. Here we have 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. After dinner you can use the chance for a **relaxing time at the onsen**. For that, the hotel uses the region's natural hot spring water. The lovely, gender separated wellness areas have indoor and outdoor onsen, Sauna and pools. Special dress and equipment is contained in your room.

8th of November 2023 (3rd day)



Destination: Nara

Overnight stay: Nara

Today is the first day of the retreat „**The system of Reiki from a traditional Japanese perspective**“ with international renown Reiki teacher Frans Stiene. The seminar room is in walking distance, at least at this first day we should leave from the hotel together as a group. Recommend is to consider enough time for a great breakfast with huge choice of tasty Japanese and international food, freshly prepared for the self-service buffet.

9th of November 2023 (4th day)



Destination: Nara

Overnight stay: Nara

Second day of the retreat „**The system of Reiki from a traditional Japanese perspective**“. After the seminar that ends around five pm, you find plenty of nice restaurants on the way back to your hotel. As it is difficult to find space for the whole group especially in Nara for dinner, it's recommended to split up in smaller groups.

10th of November 2023 (5th day)



Destination: Nara

Overnight stay: Nara

Third day of the retreat „**The system of Reiki from a traditional Japanese perspective**“. In your free time after the seminar, consider visiting the **Kasuga-Taisha shrine** once more if you like. In the darkness, the illumination gives a nice atmosphere. Busses are leaving just in front of the seminar room. For the way back you could share taxis, that brings you back to the hotel directly.

11th of November 2023 (6th day)



Destination: Ōsaka

Overnight stay: Nara

After going to Ōsaka by train we can visit **Ōsaka Castle** and explore its extensive park. 25 minutes by walk we reach Twin 21 MID Tower. Here the Gendai Reiki Network has organized a Koryu-kai, especially for us. This **meeting with Japanese Reiki practitioners** will take place at conference room from 14:00 to 18:00. If his health allows Hiroshi Doi, founder of the Gendai Reiki style and one of the teachers of Frans Stiene and Oliver Drewes, will also take part. At the first floor of the same building, we will have a **common dinner** with the Japanese Reiki participants of the meeting from 18:30 to 21:00. In the evening we go back to our hotel in Nara by train.

12th of November 2023 (7th day)



Destination: Kyōtō

Overnight stay: Mt. Hiei

After checking out at the hotel we are picked up by a chartered bus. First stop is Kyōtō's most popular tourist attraction. The **Fushimi Inari Taisha Shinto shrine** is an avenue of seemingly endless, bright orange torii gates. Next stop is the **Shorenin temple**. This was in Mikao Usui's time the head temple of the tendai buddhistic community, located at Mt. Hiei, practicing 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. Three walking minutes away is **Chion-in**, the head temple of Jōdo-shu, the pure land or Amida Buddhism. From here the bus brings us directly to our hotel at Mt. Hiei with lakeside-view rooms.

13th of November 2023 (8th day)



Destination: Mount Hiei

Overnight stay: Kyōtō

After optional participation at **morning service at Konpon-Chudo**, you have breakfast, a **Zazen workshop** and lunch organized. Then you have free time to explore the extensive **temple complex Enryaku-ji** of the **sacred Mount Hiei**, known as the mother of Japanese Buddhism. 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 Sensei's buddhist name Gyohan could be found. In the afternoon we are brought by minibuses to our next hotel in Kyōtō.

14th of November 2023 (9th day)



Destination: Kyōtō

Overnight stay: Kyōtō

After a twenty minutes train ride to Saga Arashiyama station, we walk to the **Daikakuji temple**, established about 1,200 years ago. The next two hours we are guided through the temple, have a **Shakyō (Sutra copying) workshop** and enjoy a cup of matcha tea. Lunch we have at Arashiyama Kahaku Dou, a nice restaurant with good and cheap cuisine in a colonial ambiance, before we walk through the stunning **Sagano bamboo forest**. As other spots for the cherry blossom period, the city of Kyōtō attracts tourists for the colored leaves season. One of the best spots to enjoy that is the open public **Okochi's Mountain Villa** with an impressive garden architecture and breathtaking view over Kyōtō between the wide mountains.

15th of November 2023 (10th day)



Destination: Taniai

Overnight stay: Kyōtō

By Shinkansen speed train we go to Gifu Hashima. Here another chartered bus brings us to **Taniai**, the birth town of Mikao Usui. Our first stop is **Amata-taka-Jinja**, where the names of Usui Sensei and his brother are carved into the shrine's donated entrance gate. There we participate in a **spiritual blessing ceremony**. After seeing the **memorial stone**, a donation of the Gendai Reiki community, we walk to the nearby **Zen-do-ji**. This 800-year-old temple testifies the connectedness of the Usuis still living there, with the village of Taniai. After going to the **sake source of the Usui family** we will have a lunch stop on the way back to our hotel in Kyōtō by the chartered bus.