

Itinerary

1 overnight stay in Ōsaka Kansai • 4 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 • 5 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



5th of November 2024 (1st day)



Destination: Ōsaka

Overnight stay: Ōsaka

Individual arrival after international flight to **Ōsaka Kansai airport**. Just one train stop away, from **Rinku town station**, it is easy to get to your **Odyssey Suites Osaka Airport hotel** at Izumi-sano. The hotel is located in a tower building that is directly connected to the train station. If you are looking for lunch or dinner there are plenty of options. At the Stargate hotel in the same building, you find the pati-stage restaurant at level 1 and several on upper levels. Alternatively there is a really huge choice of various restaurants at the Rinku Pleasure Town Seacle or the **Rinku Town Premium Outletcenter**, in around five minutes walking distance next to the seaside.

6th of November 2024 (2nd day)



Destination: Nara

Overnight stay: Nara

After breakfast we go to Nara by chartered bus. Our wonderful hotel, right next to the old train station, is close to the center of the old imperial city of Nara. First attraction is the five-level **pagoda temple Kofukuji**. People love meeting the free during deer near the **deer park** on the way to the **Tōdai-ji temple** with its almost 15-metre-high Buddha statue. 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.

7th of November 2024 (3rd day)



Destination: Nara

Overnight stay: Nara

Today is the first day of the retreat „**History and practice of original Japanese Reiki techniques**“ with Reiki teacher Oliver Drewes. 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 at our hotel with huge choice of tasty Japanese and international food, freshly prepared for the self-service buffet.

8th of November 2024 (4th day)



Destination: Nara

Overnight stay: Nara

Second day of the retreat „**History and practice of original Japanese Reiki techniques**“. After the seminar that ends around five pm, you find plenty of nice restaurants on the way back to your hotel. In your free time after the seminar, consider visiting the **Kasuga-Taisha shrine**, famous for its many lanterns. In the darkness, the illumination gives a nice atmosphere. Alternatively to the around 30 minutes walk, busses are leaving just in front of the seminar room. For the way back you could share taxis, that brings you to the hotel directly.

9th of November 2024 (5th day)



Destination: Ōsaka

Overnight stay: Nara

In the morning we visit **Ōsaka Castle** and explore its extensive park. If the waiting line for the museum of Japanese history inside the castle is too long, you can enjoy a tea, coffee, matcha ice or pastry at the small Miraiza Osaka-jo shopping mall with souvenir and gift shop. In the early afternoon we are **meeting Japanese Reiki practitioners at a koryu-kai** organized for us by the Gendai Reiki Network. 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. Afterwards we will have a **common dinner** with the Japanese Reiki participants. In the evening we go back to our hotel in Nara by train.

11th of November 2024 (7th 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.

13th of November 2024 (9th day)



Destination: Kyōtō

Overnight stay: Kyōtō

In line with the wishes of the participants on our previous trips, you have a **free day** today. Our hotel in the shijo-dori street is perfectly located for a short walk to the **shopping area** in east direction, to visit **Teramachi street** with the **Nishiki food market** or stroll to **Gion, Kyoto's old geisha district**. Alternatively, a visit to the **Fukujuen Uji Tea Factory** and the **Byōdō-in** by a short metro trip is recommended. This temple and the garden surrounding is a prime example of the architecture of pure land buddhism. The wooden building from the Heian period (794-1185) in its original state adorns the 10,000 Yen banknote and the 10 Yen coin. Inside it holds many cultural treasures.

10th of November 2024 (6th 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.

12th of November 2024 (8th day)



Destination: Kyōtō

Overnight stay: Kyōtō

After a twenty minutes tramp ride to Saga Arashiyama station, we walk to the **Daikaku-ji temple**, established about 1,200 years ago. The next two hours we are guided through the temple, have a **Shakyo (Sutra copying) workshop** and enjoy a cup of matcha tea. From here we walk to and through the stunning **Sagano bamboo forest**. Like 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.

14th of November 2024 (10th 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.

About the trip: If you are interested in knowing more about the roots of Reiki and experiencing the energy yourself in Reiki's birthplace in Japan, you will just love that pilgrimage trip.

About the retreat: The two-day retreat „History and practice of original Japanese Reiki techniques“ is not simply theoretically deepening 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.



Visiting Usui's birthtown, memorial stone and having a Shinto blessing ceremony.

Visiting Mt. Kurama

About your tour guide, trip organiser and retreat teacher:

In 2010 Oliver Drewes started his Reiki way, that up to now brought him to study with ten different Reiki teachers in six different Reiki lineages, becoming Reiki master/teacher in three of them. His Gendai Reiki Hō teacher level, he completed by Hiroshi Doi Sensei in Japan in 2016.

In 2017 he translated Doi Sensei's book *Iyashino Gendai Reiki Hō* from English and published it together with the second book *Gendai Reiki Hō* in his spiritual publishing house. In 2018 he participated in Frans Stiene's 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 India, Sri Lanka and Bali after having written a book about this special fortune telling. Since 2019 he organizes Japan trips for Reiki practicing people, coming from all over the world.

15th of November 2024 (11th 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-Jinjya**, 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 buffet stop on the way back to our hotel in Kyōtō by the chartered bus.

16th of November 2024 (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. Worth a visit is the **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. Quite close is the **Sanjūsangen-do**, a to Tendai Buddhism related, famous massive main hall with the collection of 1001 standing thousand-armed Kannon sculptures. An unforgettable site is the huge **Kiyomizu-dera temple**. At this World Heritage site you can overlook the southern Higashiyama district from an impressive viewing platform.

17th of November 2024 (13th day)



Destination: Mt. Yoshino

Overnight stay: Ōsaka

For many centuries **Yoshinoyama** has been a center of Shugendo, 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** (Shugendo 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.

18th of November 2024 (14th 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 2024 (15th day)



Destination: Ōsaka Airport

After the hotel check-out, you start your way back home with unforgettable, beautiful memories of our trip on the footsteps of Mikao Usui. If your time allows, store your luggage at the hotel. Enjoy the seashore with **Marble beach** or relax with a tea, coffee or cappuccino in short walking distance from your hotel. Alternatively visit the impressive **Rinku Town Premium Outlet** with great discounts. The tax you get back at a special counter at the airport showing your bill and the items bought.

Japan Journey GRJ15-2411

15 Days Reiki-trip & 2-day retreat 3.490 €

Included in the price:

- 14 overnight stays in shared double rooms (at Enryakuji Kaikan Mt. Hiei possibly 1 night in Japanese style triple or quad room, gender-separated)
- entrances to the sights according to the tour description
- exclusive access to closed facebook group for travel details, further information and answering all your questions around the trip
- travel organization & group escort on site by tour operator Oliver Drewes
- tour operator liability insurance
- translations at koryu-kai, Zazen workshop and Calligraphy workshop
- 2-day retreat „History and practice of original Japanese Reiki techniques“ (worth 360 €) including a script and a wooden mala (buddhist rosary) with Reiki master of different lineages Oliver Drewes

Prices in Euro. Deposit amount = 20% of the total price at the date of booking. Due date of the remaining payment = no later than 4 weeks before departure. For payments from outside Europe, intern. money transfer costs, to carry from customer's site only, can occur.

Japan Journey GRJ15-2411

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 or Optional costs of third parties

Additional costs of third parties:

- chartered busses and minibus transfers on seven days, proportionately shared (around 350 €)*, therefore no Japan Rail Pass for 350 € necessary
- distance train rides (around 70 €)*
- traffic means like local train, tramp, metro, cable car (around 45 €)*

Optional costs of third parties:

- Single room upgrade (in fact double room as single occupation), for 13 nights, excluding Enryakuji Kaikan Mt. Hiei stay (980 €)
- Individual room upgrade at Enryakuji Kaikan Mt. Hiei for single (from 260,- €) or couple occupation (from 390,- €) upon day price request
- Koryu-kai participation with the Gendai Reiki network (35 €)
- Shinto blessing ceremony during Taniai visit (20 €)
- Zazen workshop fee (40 €)
- Calligraphy workshop fee (25 €)
- costs for common lunch & dinner booked in advance (around 150 €)*

* = estimated costs within the money collected for third parties in advance, difference to be balanced later

Last update: 2024-01-31. 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-2024>

15-Days Japan Reiki - Trip

Following Mikao Usui's footsteps

05.-19.11.2024

