

## Organize and Promote your Book Study Group

Participants will gain practical tools to improve their lives while forming relationships with compatible people and having an enjoyable time.

### **Date and Time**

- Establish your location date and time. One hour a week for six to eight weeks is about right for *Living a Life of Reiki*. A private home, library, book store, etc. these locations will also help promote the event.

### **Participants**

- Best groups are small – six to eight people maximum – but if more respond you can form a second group. If you need more people email announcements or post a flyer at the meeting location, libraries, health food stores, natural healing clinics etc. Post event in the newspapers and radio Community Event Calendar.

### **Facilitator**

- The word facilitate means to “make easy” Your job is simply to make it easy for everyone to participate in the book study group.
- A co-facilitator is recommended to assist and fill-in if needed.
- Timing is everything. Have the event ready to go at least one half hour before start time. Keep things on schedule and complete on time.
- Greet people as they arrive. For the first meeting use the sign-in sheet with their name, address, etc. and also have them complete the questionnaire.
- Introduce yourself first, then the co-facilitator and then the participants.
- Take turns reading and allow the energy of the event to flow but don't let conversation wander from the topic. Pass out discussion guide after reading or as needed. They can be shared then kept.

I AM INTERESTED IN A "LIVING A LIFE OF REIKI"

BOOK STUDY GROUP STARTING \_\_\_\_\_

AT \_\_\_\_\_

Name	Phone	Email
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
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14. \_\_\_\_\_

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27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_

# *Living a Life of Reiki*

Book Study Group at \_\_\_\_\_

Dates: \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

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Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

# *Living a Life of Reiki*

Book Study Group at \_\_\_\_\_

Dates: \_\_\_\_\_

Name: \_\_\_\_\_

1. How many times have you read *Living a Life of Reiki*? \_\_\_\_\_

2. Have you received Reiki Treatments? \_\_\_\_\_

3. Have you received Reiki Training? \_\_\_\_\_ What Level \_\_\_\_\_

4. What do you like best about the book? \_\_\_\_\_

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5. What do you like least about the book? \_\_\_\_\_

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6. Is there something from the book you would especially like to discuss?

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Use back of sheet for further questions, comments and suggestions.

<h2>Introduction and Chapter One</h2>
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Reading the Introduction – Lays the groundwork for the book.

1. What did I learn about the book from reading the Introduction?

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Chapter One – The Energy of Life

1. What is depleting my energy in my life?

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2. What can I do about it?

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3. How will my life be different after I do something about it?

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4. What did I learn about energy and about Reiki in this chapter?

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5. What questions do I have?

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<h2>Chapter Two &amp; Three</h2>
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Chapter Two – Reiki Comes to the Western World

This chapter offers the background of the practice of Reiki, its integration into the West and current developments.

1. Who are the four lineage bearers of Usui Shiki Ryoho and why are they important to those who practice Reiki today?

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2. When and where was Reiki first practiced in the Western World?

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Chapter Three – Reiki Treatments

Explains the various types of Reiki Treatments and their benefits

3. What results can I get from receiving a Reiki treatment?

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4. Is there anything that can't benefit from receiving Reiki?

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5. What is a Mini-Reiki treatment and when is it used?

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6. Why do people continue to go for one-hour Reiki treatments?

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7. How would Self-Treatment and Distant Treatments benefit me?

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8. What questions do I have about these two chapters?

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<h2>Chapter Four &amp; Five</h2>
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Chapter Four – Reiki Training

This chapter covers the levels of training in the oral tradition, choosing a teacher and the many benefits of training.

1. Why would I go for Reiki Training?

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2. How can children and ninety year old people enjoy this same 12 hour class with no problem?

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3. Why is Reiki training different than any other type of healing work?

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4. How many levels of training are there in Reiki and what are they called?

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5. Why would a student want pay \$10,000 for a minimum of one year Reiki Master Training instead of taking a less expensive weekend workshop?

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Chapter Five - Reiki Precepts

The Precepts of Reiki help to heal our thoughts.

6. How would the Reiki Precepts help me?

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7. Why can't I change the Reiki Precepts so they will work better for me?

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8. What questions do I have about these two chapters?

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<h2>Chapter Six &amp; Seven</h2>
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Chapter Six – Money is Energy

See how the flow of energy in our lives directly affects the flow of money, and how Reiki can lead to unlimited abundance.

1. Do I think that unlimited abundance is possible?

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2. Do I believe that Reiki can really bring more abundance into my life?

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3. What makes Reiki different and easier than other ways to create abundance?

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Chapter Seven – Trust & Surrender

Trust and Surrender are the first lessons Reiki teaches us.

4. How do I actually trust and surrender to things in my life?

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5. What areas in my life do I wish I could trust and surrender to more?

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6. How could Reiki assist me to trust and surrender more?

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7. What story in this chapter helped me the most and why?

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8. What questions do I have about these two chapters?

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<h2>Chapter Eight &amp; Nine</h2>
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Chapter Eight – Life Changes

The greater the change; the greater is the growth and rewards.

1. How could Reiki Natural Healing bring about life changes?

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2. What kind of life changes could be the most beneficial for me?

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3. Am I willing to make life changes at this time in my life? Why? Why Not?

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Chapter Nine – There Are No Limits

Limits are simply exciting possibilities

4. What types of limits rob me of my happiness?

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5. What areas in my life could I enjoy less limitation?

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6. What have I always wanted to do and felt that I couldn't?

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7. Am I willing to follow Reiki's energetic guidance to remove limits?

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8. What questions do I have about these two chapters?

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<h2>Chapter Ten &amp; Eleven</h2>
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Chapter Ten – Freedom

The ultimate step in the Reiki growth process is Freedom.

1. Where in my life do I desire to have more freedom?

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2. How has *Living a Life of Reiki* shown me that I can have more freedom?

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3. What information in this chapter helped me the most and why?\_

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Chapter Eleven – Reiki Success Stories

No Reiki book would be complete without success stories from clients and students

4. Which Success Stories could I personally relate to and why?

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5. Which Success Stories seemed the most difficult to believe?

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6. How important were Success Stories to my enjoyment of the book?

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7. What questions do I have about these two chapters?

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8. Would I like to attend and/or organize another Living a Life of Reiki Study Group? Why? Why Not?

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