



*Complete Health Circle*  
ANCIENT AND MODERN MEDICINE FOR THE WHOLE

## Usui Reiki Okuden Student Calendar

**Sunday 1/11/15 Attunement**

**Start Work Date: Monday 1/12/15**

**End Work Date: Sunday 11/15/15**

### 21-Day Detox (Refer pages 197-205 and 265-271 of CHC Book)

- Day 1 begins MONDAY 1/12/15 and ends the 21st night of SUNDAY 2/1/15
- Eliminate red meat, alcohol, caffeine, nicotine, fried foods, processed sugars, or processed foods.
- Eat whole foods and produce. Organic if possible. Fresh fruits and vegetables. Seeds, nuts, whole grains: brown rice, millet, wheat, rye, oats; beans: pinto, mung, lentils, garbanzos.
- Environmental/External cleanse of home and relationships.
- READ The Reiki Way: Reiki Principles for Everyday Living, by Penelope Quest (CHC pages 6-49) followed by
- READ True Love: A Practice for Awakening the Heart, by Thich Nhat Hanh (CHC pages 50-51) during these 21-days.
- Answer the Final Exam questions 12 and 13

### 40-Day Challenge (Refer pages 205-258 of CHC Book)

- Day 1 begins MONDAY 2/2/15 and ends the 40<sup>th</sup> night of FRIDAY 3/13/15
- Keep a journal of your impressions for each day's Rule of Love
- READ Forty Rules of Love, by Elif Shafak during these 40-days.
- Answer Final Exam questions 14 and 15

### Dark Night of the Soul, Sacred Solitude, and WW (Read pages 52- 70 of CHC Book)

- "Break" period 3/14/15-3/19/15
- Take a retreat or small stay-cation during this time.

- **READ Chapter Nine and Chapter Ten of CHC Introduction to Reiki 2, by Derek J. Healey during this week “off.”**
- **Do WILD WOMAN MEDITATION on pages 67-70 of CHC Book**

### **Women Who Run With the Wolves**

#### **NEW MOON MEDITATION – Friday, 3/20/15 (Happy Spring Equinox!)**

- **Begin WWRWTW by reading the Introduction: Singing Over the Bones pp. 3-22**
- **FULL MOON MEDITATION – Saturday, 4/4/15 (Lunar Eclipse, 8am)**
- **Answer Final Exam question 16**

#### **NEW MOON MEDITATION – Saturday, 4/18/15**

- **Begin reading Chapter One, The Howl: Resurrection of the Wild Woman pp. 25-38**
- **FULL MOON MEDITATION – Sunday, 5/3/15**
- **Answer Final Exam question 17A**

#### **NEW MOON MEDITATION – Monday, 5/18/15**

- **Begin reading Chapter Two, Stalking the Intruder: The Beginning Initiation pp.39-73**
- **FULL MOON MEDITATION – Tuesday, 6/2/15**
- **Answer Final Exam question 17B**

#### **NEW MOON MEDITATION – Tuesday, 6/16/15**

- **Begin reading Chapter Three, Nosing Out the Facts: The Retrieval of Intuition as Initiation pp.74-114**
- **FULL MOON MEDITATION – Wednesday, 7/1/15**
- **Answer Final Exam questions 18 and 19**

**NEW MOON MEDITATION – Wednesday, 7/15/15**

- **Begin reading Chapter Four, The Mate: Union With the Other pp. 115-129**
- **FULL MOON MEDITATION – Friday, 7/31/15 (Happy Blue Moon!)**
- **Answer Final Exam question 20, and have your Mate/Person answer question 19**

**NEW MOON MEDITATION – Friday, 8/14/15**

- **Begin reading Chapter Five, Hunting: When the Heart Is a Lonely Hunter pp. 130-165**
- **FULL MOON MEDITATION – Saturday, 8/29/15**
- **Answer Final Exam question 21**

**NEW MOON MEDITATION – Sunday, 9/13/15 (Solar Eclipse at 2:54 am)**

- **Begin reading Chapter Six, Finding One's Pack: Belonging as Blessing pp. 166-198**
- **Make a Child-hood ofrenda**
- **Answer Final Exam questions 22-26**

**MULADHARA ROOT CHAKRA WEEK 9/27-10/3**

- **FULL MOON MEDITATION – Sunday, 9/27/15 (Lunar Eclipse at 10:47 pm)**
- **READ Chapter Twelve of CHC Introduction to Reiki 2, by Derek J. Healey pp. 71-86**

**SWADHISTHANA SACRAL CHAKRA WEEK 10/4- 10/10**

- **READ Chapter Thirteen of CHC Introduction to Reiki 2, by Derek J. Healey pp. 87-103**

**MANIPURA CHAKRA WEEK 10/11- 10/17**

- **NEW MOON MEDIATION – Monday, 10/12/15**
- **READ Chapter Twelve of CHC Introduction to Reiki 2, by Derek J. Healey pp. 104-120**

#### **ANAHATA CHAKRA WEEK 10/18 – 10/24**

- **READ Chapter Fourteen of CHC Introduction to Reiki 2, by Derek J. Healey pp. 121 - 140**

#### **VISHUDDHA CHAKRA WEEK 10/25 -10/31**

- **READ Chapter Fifteen of CHC Introduction to Reiki 2, by Derek J. Healey pp. 141 - 157**
- **FULL MOON MEDITATION – Tuesday, 10/27/15**

#### **AJNA CHAKRA WEEK 11/1- 11/7**

- **READ Chapter Sixteen of CHC Introduction to Reiki 2, by Derek J. Healey pp. 158- 174**

#### **SAHASRARA CROWN CHAKRA WEEK 11/8- 11/14**

- **READ Chapter Seventeen of CHC Introduction to Reiki 2, by Derek J. Healey pp. 175- 190**
- **NEW MOON MEDITATION – Wednesday, 11/11/15 (Happy 11:11!)**

#### **SUBMIT MATERIALS**

- **10 Practicum Sessions**
- **40 Rules of Love in 40 Days Journal**
- **Final Exam**