

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 to one and a half hour a week for six to eight weeks. A private home, library, book store, church, etc. these locations will often help promote the event.

Participants

- ✚ Best groups are small – six to eight people maximum – 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 events and online calendars.

Facilitator

- ✚ The word facilitate means to “make easy” Your job is to make it easy for everyone to participate in the book study group. Remember it is a study group and not a reading 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, sharing and future reference.

I AM INTERESTED IN A "LIVING A LIFE OF REIKI"
BOOK STUDY GROUP STARTING _____
AT _____

Name

Phone

Email

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Living a Life of Reiki

Book Study Group at _____

Dates: _____

Name _____
Phone _____ Email _____
Address _____

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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 Degree? _____

4. What do you like best about the book? _____

5. What do you like least about the book? _____

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

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

<h2>Introduction, Chapter One & Two</h2>
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Reading the Introduction lays the groundwork for the book.

1. What did I learn that was important to me to know from reading the Introduction?

Chapter One – The Energy of Life

1. What is depleting my energy in my life?

2. What can I do about it?

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

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

Chapter Two – Reiki Comes to the Western World

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

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

3. What questions do I have about these chapters and for myself?

<h2>Chapter Three</h2>

Chapter Three – Reiki Treatments

1. What results are possible from receiving Reiki treatments?

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

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

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

5. Can anyone be hurt by Reiki in any way?

6. Does a person need to believe in Reiki for it to work? Explain

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

8. What questions do I have about this chapter and for myself?

<h2>Chapter Four</h2>

Chapter Four – Reiki Training

1. Why would I go for Reiki Training?

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

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

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

5. Why would a student become a Reiki Master Candidate and train for a minimum of one year instead of taking a less expensive weekend workshop?

6. What are some things Reiki can be used for after Reiki Training?

7. How does Reiki work?

8. What questions do I have about this chapter and for myself?

<h2>Chapter Five & Six</h2>

Chapter Five - Reiki Precepts

1. How would the Reiki Precepts help me?

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

3. What is the purpose of the Reiki Precepts?

4. Which are my favorite and least favorite Precepts and why?

Chapter Six – Money is Energy

1. Do I think that unlimited abundance is possible?

2. In what areas of my life do I desire more abundance?

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

4. Do I believe that Reiki can really bring more abundance into my life?
Why? Why Not?

5. What questions do I have about these chapters and for myself?

<h2>Chapter Seven</h2>

Chapter Seven – Trust & Surrender

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

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

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

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

5. What questions do I have about this chapter and for myself?

<h2>Chapter Eight</h2>

Chapter Eight – Life Changes

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

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

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

4. What questions do I have about this chapter and for myself?

<h2>Chapter Nine</h2>

Chapter Nine – There Are No Limits

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

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

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

4. Am I willing to follow Reiki's energetic guidance to remove limits? Why? Why Not?

5. What questions do I have about this chapter and for myself?

<h2>Chapter Ten</h2>

Chapter Ten – Freedom

1. What does the word freedom mean to me?

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

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

4. What information in this chapter helped me the most and why?

5. What questions do I have about this chapter and for myself?

<h2>Chapter Eleven</h2>

Chapter Eleven – Reiki Success Stories

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

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

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

4. What questions do I have about this chapter and for myself?

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