

# Words of My Teacher

My Time with HAWAYO TAKATA

with Reiki Master, Susan Mitchell

**Sunday, September 13**

**10:30 – 12:00noon**

Fee: \$40

Location: Pleasant Hill

*Attend both sessions  
for \$90*

*if registered before  
August 20.*

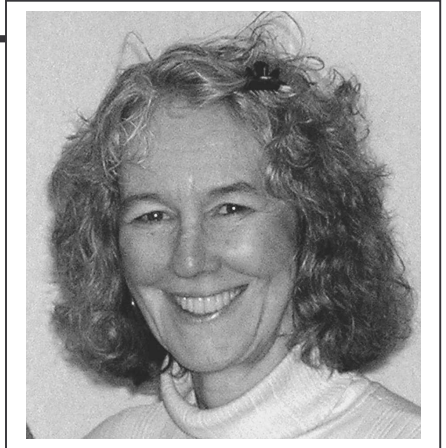
**Registration**

**deadline:**

**Friday, Sept. 4.**

*For more information,  
contact Amy Erez at  
925.934.3120.*

Susan Mitchell learned Reiki in 1978 from Hawayo Takata, the Reiki Master who brought Reiki to the US from Japan in the 1930s. Mrs. Takata stayed in Susan's home when she taught in the San Francisco area. Susan will share stories of her time with Mrs. Takata, and reflect on how Mrs. Takata's embodiment of Reiki continues to illuminate her practice. This is a rare opportunity to hear from a direct student of Hawayo Takata.



***Words of My Teacher*** is also  
being offered in Oakland on  
**Saturday, Sept. 12,**  
**2:30 – 4:00 p.m.**

*To find out more, contact Reiki  
Master, Meg Siddheshwari  
Sullivan at 510.653.9884 or  
Siddheshwari@Reiki  
CenterEastBay.com.*

## Practice, Practice, Practice

with Reiki Master, Susan Mitchell

**Sunday, September 13**

**2:00 – 5:00 p.m.**

Fee: \$60

Self-treatment is at the heart of the Reiki practice. Asked if her students learned to heal themselves, Hawayo Takata replied, "That's number one. If they can't do that, what is the good."

Reflecting on our self-treatment experience brings greater awareness into this core aspect of the practice. Whether we treat ourselves every day or struggle to find the time, we can all benefit from this exploration.

**Make checks to Susan Mitchell** and send to Sugi Health, 2096 Hoover Ave., Pleasant Hill, CA 94523

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Circle the session you are attending: Words: Oakl. or Pl. Hill ✦ Practice ✦ Total fee: \_\_\_\_\_