



Reiki PRINCIPLES:
A PRESENTATION AND EXPLORATION OF A PATH TO HAPPINESS.

Grand Master Chujiro Hayashi called them “the recipe for human happiness.” The principles are one of the nine elements of the Usui Shiki Ryoho practice.

We invite you to explore together, **the complexity of these principles, as a whole** and their relationships with the many aspects of our lives and discover how to build relationships that reflect gratitude and kindness.

When: 9-14-2025

Facilitator:

Lida Perry : has been a Master and member of The Reiki Alliance since 1992. She is a Psychologist and has Master in Social Work.

She has been involved with the activities of TRA for many years offering her skills and resources by joining several Committee and two mandates on the TRA Board.

She was born in Italy, now she lives in Massachussets.