

# DELANEY & ASSOCIATES

## CLASSES, WORKSHOPS & CONSULTATIONS

**Collene J. Delaney, Ph.D.**

PO Box 31271, Seattle, WA 98103

Phone & Fax: (206) 633-4306 Email: [Collene@ReikiNW.com](mailto:Collene@ReikiNW.com)

### USUI SHIKI RYOHO REIKI



#### **FIRST DEGREE REIKI (2 days equivalent)**

Classes are offered in the Seattle area every 4-6 weeks.

#### **SECOND DEGREE REIKI (1 ½ days equivalent)**

Classes are offered in the Seattle area every 6-8 weeks.

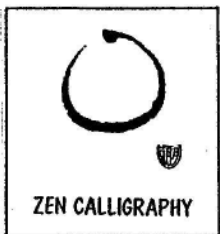
#### **ART OF STONE AND INK**

We offer 6 hands-on experiences that require NO prior art training. All are approached from the space of "Beginner Mind"...a place without judgment or ego.



#### **HON DESIGN AND CARVING (2 days)**

Hons (chops) have been used nearly 3,000 years in China and Japan. Anyone can learn! You can design and carve your hon for any personal or professional use. In this 2-day workshop, you will be assisted with determining what your hon will "say", researching the kanji (characters) needed, selecting and preparing your stone, carving it, learning the art of "placement" for signature on papers and cleaning and storing your hon.



#### **SUMI INK MEDITATION (3 hours)**

This is a wonderful practice that you can easily do on your own for personal reflection and healing. It is terrific for stress relief! We begin with a practice that is centuries old--grinding our own ink in meditation to release our busyness, to empty ourselves of thoughts and feelings, and to move to a place of non-attachment to form. A simple composition completes the meditation. Each is appreciated privately for its "teaching". All are "honored" in silence by the group. While sharing tea, all have the opportunity to share about their experience.



#### **SUMI BRUSH PAINTING--BAMBOO COMPOSITION (2 days)**

We begin with the Sumi Ink Meditation and single stroke composition. Basics of how to hold the brush, how to move the brush and types of strokes follow. The 2 strokes used for Bamboo are taught plus a 3-ink technique for depth. We start with the simplest and build to a full composition. In the final class segment, we sit quietly, grinding ink and allowing ourselves to "become bamboo"! From this space, the internal flows outward and finds expression on rice paper. The workshop provides ample time for practice at each step and for participants to progress at their own tempo. The instructor gives individual attention throughout the 2 days. **COMING SOON: PLUM COMPOSITION**

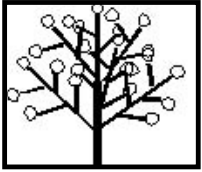
#### **SECOND DEGREE REVIEW (4 hrs)**

An opportunity to connect with Brush and Ink to the energetic flow of the symbols you were given in Second Degree Reiki. We review each symbol and its use, grind ink contemplating the symbol and observe what flows onto rice paper. Each person privately reflects on each symbol and its "teaching" for them in this moment.



### **CHINESE CALLIGRAPHY (2 days)**

Reiki Master Ruth Wong Pine, a new associate, joins us from Hong Kong to present a history overview of Chinese Calligraphy & how characters evolved, the 8 basic strokes used to compose characters, how to recognize & paint simple Chinese Characters and how to paint your name in Chinese Characters.



### **TREE OF LIFE (2 days)**

Dana & Paul James, new associates, join us to present the healing qualities of gemstones and fundamental skills to construct a simple Zen Tree—a wire and gemstone sculpture. Collene offers several “inner journey” possibilities to illustrate how such sculpting can become an intuitive process, can support your healing and can be a blessing for the well being of others in your life. All of these aspects are then integrated to create a larger, complex tree.

**Hon Carving and Sumi-e supplies** are difficult to find in the Seattle area, particularly high quality student grade materials. We have researched this issue and through arrangements with suppliers in Canada and China, are able to offer quite affordable supplies to patrons of our workshops. Our goal is to support you to continue practicing what you have learned--while we are teaching these art forms, all of the workshops are designed to facilitate inner exploration and healing.

### **GUIDED VISUALIZATION (We have gone Digital! NEW)**

**Individual Journey:** Collene will conduct a private interview (in person or by phone if you do not live in the area) to hear your concerns and to gather information about your particular circumstance. She will create a unique guided imagery journey for you that is positive and affirming. This is a very effective “dress rehearsal” prior to surgery, medical or dental procedure or other challenges. This can also be a useful modality for general Stress Relief and your Wellness Program. You will receive a CD or MP3 file (your choice) that you can use as often as you wish. Many clients have found this to be of benefit.

### **TRANSFORMATION GAME...An interactive, sacred tool developed at Findhorn Foundation**



#### **NEXT STEPS NEW (2 hrs) Evenings 1/mo as scheduled**

Select a personal Focus and receive accurate and insightful feedback.

#### **DEMOS: (3 hours) Evenings As Scheduled 1 @ 2 mo or by Arrangement**

This is an excellent way for individuals or established groups--your family, social groups, church groups, work groups-- to experience a “taste” of the Game and to gauge its appropriateness at a given time to explore personal questions or group projects through a full facilitated workshop

#### **ADVANCED WORKSHOP (2 evenings + 2 Days)**

Use the Transformation Game to help gain new insights, recognize patterns that are no longer useful, safely experiment with new ways of being and receive accurate and immediate feedback for graceful transformation in your life.

#### **TG WORKSHOP: REIKI MASTERS, MASTER CANDIDATES & SECOND DEGREE PRACTITIONERS**

Each workshop is played on **ONE Aspect or Element of Reiki**. ALL PLAYERS develop their own individual playing focus (on the SAME Aspect or Element). Excellent tool for Masters—Master Candidate pairs in preparation for Initiation. If a SERIES of WORKSHOPS is desired, a discount will be applied.

### **COMMUNITY OPPORTUNITIES:**

#### **REIKI HEALING CIRCLE: (1<sup>st</sup> & 3<sup>rd</sup> Tues, 7:30 -9:30 pm)**

We meet in the Wallingford/Greenlake area of Seattle. Come and meet other Practitioners in treatment exchange. Have questions answered by a Master with 22 years teaching experience!

## **REIKI PRECEPTS (4 hrs monthly March thru July; Specific time TBA)**

**NEW (We are open to rotating location to ease travel costs/time)**

Informal discussion group will meet 1/mo for 5 months to share potluck and discuss the 5 Spiritual Precepts and their meaning/influence in our lives today.

A true "Prescription for Change"! Go deeper with these fundamental tools for living life free of Stress and in Balance/Wholeness in these trying times! Please let us know of your interest in participating.

## **ART PLAY DAYS**

Express your Creative Self! Open to all who have taken Ink Meditation, Sumi, Calligraphy, Hon Carving or Gem Tree Sculpting Classes. Bring your brushes, ink stones, ink sticks, chisels, hons, wire, beads, etc—we'll make gifts together such as Post Cards, Note Cards, Book Marks, Fans, Decorative Stones, Small Soapstone Sculptures, Calligraphied T-Shirts, etc. Collene will provide instruction for new projects. Come and hang out with other "artists" and... have Fun!

**ADDITIONAL SERVICES:** Please contact Collene for information on:

- **TEAM BUILDING/HIGH PERFORMANCE DEVELOPMENT**--We design & facilitate team-building retreats for workgroups--together we identify and heal the flawed interpersonal, business and technical processes to support a return to wholeness.
- **CRUCIAL CONVERSATIONS NEW** We work with teams and workgroups to learn how to create safety and deliver straight, clear talk when it really matters! This is a course developed by Vital Smarts and has been used successfully in numerous Fortune 500 companies and Health Care Organizations.

**LOCAL ORGANIZERS:** These classes and workshops are available in other US, Canadian and European cities. If you would like to host one in your area, please contact Collene. Local organizers are compensated.