

EUROPE ZONE

Activity/Aktivitas: European Zone Reiki Tummo Self Healing
Schedule/Jadwal: Daily 6am & 7pm Ireland time / Setiap hari jam 06.00 & 19.00 Irlandia
Prerequisite/Syarat: Spiritual Retreat/Retreat Pendalaman Spiritual + Reiki Tummo Level 2
Location: Skype
Language: English
Contact Person: Dermot / Katharina wolf Grunfeld
Whatsapp: +353 85 784 5682 / +49 170 8067966
Skype: dermot.hickey2
Whatsapp Group: <https://chat.whatsapp.com/Ltd4loi0xyrFi20VYozuHV>

Activity/Aktivitas: Public Intro Open Heart (Italian) & OH 1 & 2 Practice
Schedule/Jadwal: Saturdays or Sundays 9:30am-10:30am (Italian time)
Prerequisite/Syarat: Public
Location: Skype
Language: Italian
Contact Person: Arianna
Whatsapp: +65 9338 4679

Activity/Aktivitas: OHM for Public
Schedule/Jadwal: Monday, 7pm Ireland time / Senin 19.00 jam Irlandia
Prerequisite/Syarat: Public
Location: Skype
Language: English
Contact Person: Gerard Hayes
Whatsapp: +353 87 939 9517
Link to join: <https://join.skype.com/hLtuejwSqZFM>

Activity/Aktivitas: 1-1.30 hours SONW
Schedule/Jadwal: Daily 18.30 Germany time
Prerequisite/Syarat: SONW level 2
Location: Skype (Germany)
Language: English
Contact Person: Katharina
Whatsapp: +491708067966

Activity: Secrets of Natural Walking 1
Schedule: Daily, 7am & 8.30 pm GM
Prerequisite: SONW 1
Location: Skype
Language: English
Contact person: Cara O'Brien
WhatsApp: +353 873494443

Activity: OH & RT
Schedule: Daily, 8pm German Time
Prerequisite: RT 1
Location: Skype
Language: Spanish
Contact Person: Gerard Laracy

Whatsapp: +34 64 638 3143

Activity/Aktivitas: OH & RT Introduction

Schedule: 7.30 to 8.15 pm Tuesdays GMT

Prerequisite: Public

Location: Skype

Language: English

Contact: Geraldine Tobin

WhatsApp: +353874170764

Activity/Aktivitas: OH & RT Introduction

Schedule: Friday 8:30pm

Prerequisite: Public

Location: Skype

Language: English

Contact: Kian Walsch

WhatsApp: +353-877 639 758

Activity/Aktivitas: OHP

Schedule/Jadwal: Saturday 8am GMT

Prerequisite/Syarat: MRT

Location: Skype

Language: English

Contact Person: Alex J

Whatsapp: +353 87 763 9758

Activity/Aktivitas: RT2 Self Healing

Schedule/Jadwal: Saturday 11am German Time

Prerequisite/Syarat: RT 2

Location: Skype

Language: English

Contact Person: Luciana Buchanan

Whatsapp: + 44 759 560 0703

Activity/Aktivitas: OH for Public

Schedule/Jadwal: Monday 8pm German Time

Prerequisite/Syarat: None

Location: Skype

Language: English

Contact Person: Alex J

Whatsapp: +353 87 763 9758

Activity/Aktivitas: OH for Public

Schedule/Jadwal: Wednesday 8:30pm German Time

Prerequisite/Syarat: None

Location: Skype

Language: English

Contact Person: Jacqui Gascoyne

Whatsapp: +44 7715 171205

Activity/Aktivitas: OH for Public
Schedule/Jadwal: Thursday 16:30pm German Time
Prerequisite/Syarat: None
Location: Skype
Language: Finnish
Contact Person: Anu Pulkkinen
Whatsapp: +358-503 779793

Activity/Aktivitas: SONW2
Schedule/Jadwal: Tue, Wed, Thu 9:30pm German Time
Prerequisite/Syarat: SONW Level 2
Location: Skype
Language: English
Contact Person: Alex J
Whatsapp: +353 87 763 9758

Activity/Aktivitas: SONW2
Schedule/Jadwal: Monday – Friday Evening Flexible
Prerequisite/Syarat: SONW Level 2
Location: Skype
Language: English
Contact Person: Maria Hamilton
Whatsapp: +44 774 500 2699

Activity/Aktivitas: SONW1
Schedule/Jadwal: Daily, 8am and 21:30pm German Time
Prerequisite/Syarat: SONW Level 1
Location: Skype
Language: English
Contact Person: Cara O'Brian
Whatsapp: +353 87 349 4443

Activity/Aktivitas: Kundalini MY 1-5
Schedule/Jadwal: Sunday 9:30am German Time
Prerequisite/Syarat: SONW 3
Location: Skype
Language: English
Contact Person: Alex J
Whatsapp: +353 87 763 9758

Activity/Aktivitas: Open Heart Meditation
Schedule/Jadwal: Sunday 8pm German Time
Prerequisite/Syarat: None
Location: Skype
Language: German
Contact Person: Kasia (kasia.d@web.de)
Whatsapp: +49 178 885 4578

Activity/Aktivitas: Open Heart Meditation
Schedule/Jadwal: Wednesday & Friday 8pm German Time

Prerequisite/Syarat: None
Location: Skype
Language: German
Contact Person: Katharina Wolf-Grünfeld
Whatsapp: +49 170 806 7966

Activity/Aktivitas: Open Heart and Reiki Tummo for Public
Schedule/Jadwal: Monday & Friday 21:15pm German Time
Prerequisite/Syarat: None
Location: Skype
Language: English
Contact Person: Nico (nsudyatma@gmail.com)
Whatsapp: +49 178 670 1262

Activity/Aktivitas: SR Prayers
Schedule/Jadwal: Sunday 21:15pm German Time
Prerequisite/Syarat: SR
Location: Skype
Language: English
Contact Person: Nico (nsudyatma@gmail.com)
Whatsapp: +49 178 670 1262

Activity/Aktivitas: OH & RT for Public
Schedule/Jadwal: Friday 21pm German Time
Prerequisite/Syarat: None
Location: Skype
Language: English
Contact Person: Paul McIlroy (pmcdur@yahoo.co.uk)
Whatsapp: +44 776 777 1093

Activity/Aktivitas: OH for Public
Schedule/Jadwal: Thursday 19:00pm German Time
Prerequisite/Syarat: None
Location: Skype
Language: Spanish
Contact Person: Gerard Laracy
Whatsapp: +34 64 638 3143

Activity/Aktivitas: Prayer for the Earth
Schedule/Jadwal: Bi-Weekly Monday 21pm German Time
Prerequisite/Syarat: OH3
Location: Skype
Language: English
Contact Person: Yvonne Kury (yvonne.kury@gmail.com)
Whatsapp: +49 174 331 4117

Activity/Aktivitas: OH Instrument Prayer
Schedule/Jadwal: Thursday 21pm German Time
Prerequisite/Syarat: SR

Location: Chatroom
Language: English
Contact Person: Yvonne Kury (yvonne.kury@gmail.com)
Whatsapp: +49 174 331 4117

Activity/Aktivitas: MRT Special Breklum
Schedule/Jadwal: Wednesday 20:45pm German Time
Prerequisite/Syarat: MRT Breklum or Prep MY3 or MYI-5 after guiding
Location: Chatroom
Language: English
Contact Person: Yvonne Kury (yvonne.kury@gmail.com)
Whatsapp: +49 174 331 4117

Activity/Aktivitas: MRT
Schedule/Jadwal: Wednesday 20:00pm German Time
Prerequisite/Syarat: MRT
Location: Chatroom
Language: English
Contact Person: Yvonne Kury (yvonne.kury@gmail.com)
Whatsapp: +49 174 331 4117

THE AMERICAS ZONE

Activity/Aktivitas: Self Healing / Group Channeling
Schedule/Jadwal: Daily 1-1.30pm New York time / Setiap hari 13.00-13.30 Jam New York
Prerequisite/Syarat: Spiritual Retreat/Retreat Pendalaman Spiritual + Reiki Tummo Level 2
Location: Skype
Language: English
Contact Person: Laura Fan
Skype: LauraFan18

Activity/Aktivitas: Secrets of Operating the Human Body
Schedule/Jadwal: Tue, Wed, Sat, Sun 8am Pacific standard time / Selasa, Rabu, Sabtu, Minggu 8.00 Pacific Standard Time
Prerequisite/Syarat: SOHB / Rahasia Pengoperasian Tubuh Manusia
Location: Skype
Language: English
Contact Person: Susan Barrett
Whatsapp: +1 (619) 248-7704

Activity/Aktivitas: Secrets of Natural Walking Level 2
Schedule/Jadwal: Mon & Thu, 8am Pacific standard time / Senin & Kamis 8.00 Pacific Standard Time
Prerequisite/Syarat: SONW Level 2 / RBA Tingkat 2
Location: Skype
Language: English
Contact Person: Susan Barrett
Whatsapp: +1 (619) 248-7704

24. Activity/Aktivitas: Dancing Secrets of Natural Walking

Schedule/Jadwal: Fri, 8am Pacific standard time / Jumat 8.00 Pacific Standard Time

Prerequisite/Syarat: Dancing SONW / Dancing RBA

Location: Skype

Language: English

Contact Person: Susan Barrett

Whatsapp: +1 (619) 248-7704

Activity/Aktivitas: Secrets of Natural Walking Level 1 Washington DC

Schedule/Jadwal: Daily, 9:00pm US Eastern Time

Prerequisite/Syarat: SONW 1 / RBA 1

Location: Skype

Language: English

Contact Person: Aixia, Patricia, Taluza

Whatsapp: +1 (301) 979-5166, +1 (202) 487-7533, +1 (301) 910-7353

Activity/Aktivitas: Secrets of Natural Walking Level 1 Washington DC

Schedule/Jadwal: Daily, 9.00am & 9:00pm US Eastern Time / Setiap hari 09.00 & 21.00 US Eastern Time

Prerequisite/Syarat: SONW 1 / RBA 1

Location: Skype

Language: English

Contact Person: Aixia, Patricia, Taluza

Whatsapp: +1 (301) 979-5166, +1 (202) 487-7533, +1 (301) 910-7353

Activity/Aktivitas: Reiki Tummo Beginners Practice Washington DC

Schedule/Jadwal: Saturday, 10.10-11.30am US Eastern Time / Sabtu, 10.10-11.30 US Eastern Time

Prerequisite/Syarat: Reiki Tummo Level 1

Location: Skype

Language: English

Contact Person: Aixia, Patricia, Lisa, Taluza

Whatsapp: +1 (301) 979-5166, +1 (202) 487-7533, +1 (301) 910-7353

Activity/Aktivitas: Healing in Spanish

Schedule/Jadwal: Daily, 7.30pm US Eastern Time / Setiap hari, 19.30 US Eastern Time

Prerequisite/Syarat: Reiki Tummo Level 1

Location: Skype

Language: English

Contact Person: Taluza

Whatsapp: +1 (301) 910-7353

Activity/Aktivitas: Spiritual Retreat Practice Washington DC

Schedule/Jadwal: Tuesday, 7.45pm US Eastern Time / Selasa, 19.45 US Eastern Time

Prerequisite/Syarat: Spiritual Retreat / Retreat Pendalaman Spiritual

Location: Skype

Language: English

Contact Person: Yevgeny, Kika, Patricia

Whatsapp: +1 (202) 316-0871, +1 (202) 487-7533

Activity/Aktivitas: OHP

Schedule/Jadwal: Monday 7:45 PST
Prerequisite/Syarat: MRT
Location: Skype
Language: English
Contact Person: Krissy Hicks
Whatsapp: +1 (650) 430 2230

ASIA ZONE

Activity/Aktivitas: Meditasi Kesehatan / Health Meditation
Schedule/Jadwal: Mon-Sat 4pm Jakarta time / Senin-Sabtu 16.00 WIB
Prerequisite/Syarat: MRT
Location: H1: Distant Healing chat room
Language: English / Indonesian
Contact Person: Oma Dewy
Whatsapp: +62 819-5858-8896
Activity/Aktivitas: Distant Healing
Schedule/Jadwal: Daily 8pm Jakarta time / Setiap hari 20.00 WIB
Prerequisite/Syarat: MRT & RT Level 1
Location: H1: Distant Healing chat room
Language: English / Indonesian
Contact Person: Oma Dewy
Whatsapp: +62 819-5858-8896
Registration for healing recipients: distanthealing@yahoo.com

Activity/Aktivitas: Distant Healing SBA
Schedule/Jadwal: Daily, multiple sessions / Setiap hari, beberapa kali/hari
Prerequisite/Syarat: Reiki Tummo Level 1
Location: Skype
Language: Varies (Indonesian/English)
Contact Person: Marcel / Saras
Whatsapp: +62 813-5839-8844 / +62 811-3925-500
Registration for healing recipients: <https://bit.ly/2SSBtjF>

Activity/Aktivitas: Distance healing (DH 13)
Schedule/Jadwal: Daily 7am, 12 noon, 9pm Jakarta time (30 min) / Setiap hari 07.00, 12.00, 21.00 WIB
Prerequisite/Syarat: Reiki Tummo 1 & OH 1/MH 1
Location: Whatsapp
Language: Indonesian
Contact Person: Erna Karim
Whatsapp: +62 812-1097-3997

Activity/Aktivitas: Secrets of Operating the Human Body
Schedule/Jadwal: Daily 5.15am Singapore time (20 min prep + 1 hour practice) / Setiap hari 05.15 jam Singapura (20 men persiapan + 1 jam latihan)
Prerequisite/Syarat: SOHB Workshop
Location: Skype
Language: English

Contact Person: Sylvie Penchaliah
Whatsapp: +65 8168 5148

Activity/Aktivitas: Open Heart Prayer / Doa Buka Hati
Schedule/Jadwal: Daily 2.30pm Malaysian time / Setiap hari 14.30 jam Malaysia (18-31 March)
Prerequisite/Syarat: Public
Location: Skype
Language: English
Contact Person: Tracy
Whatsapp: +60164122170
Skype: <https://join.skype.com/damx3xVAteJu>

Activity/Aktivitas: Self Healing & Channelling to others
Schedule/Jadwal: Daily 2.50pm-3.10pm & 3.30-3.45 Malaysian time / Setiap hari 14.50-15.10 & 15.30 – 15.45 jam Malaysia (18-31 March)
Prerequisite/Syarat: Reiki Tummo Level 3 **Location:** Skype
Language: English
Contact Person: Tracy
Whatsapp: +60164122170
Skype: <https://join.skype.com/damx3xVAteJu>

Activity/Aktivitas: SG Instrument Prayer for COVID (MY2 online guiding steps & prayer text)
Schedule/Jadwal: Every Monday 7.30pm SG time / Setiap Senin 19.30 jam Singapura
Prerequisite/Syarat: Masteryoga 2
Location: Skype
Language: English
Contact Person: Judy Chew
Whatsapp: +65 9711 3576

Activity/Aktivitas: SG Mass Dist Healing for all affected by COVID-19 plus loved ones and ourselves.
Schedule/Jadwal: Daily 10pm SG time / Setiap hari 22.00 jam singapura
Prerequisite/Syarat: Spiritual Retreat / Retreat Pendalaman Spiritual
Location: Skype
Language: English
Contact Person: Judy Chew
Whatsapp: +65 9711 3576

Activity/Aktivitas: Open Heart 2 Practice
Schedule/Jadwal: Tuesdays (8:30pm-9:30pm) and Saturdays (10:30am-11:30am)
Prerequisite/Syarat: Open Heart Level 2
Location: Skype
Language: English
Contact Person: Arianna
Whatsapp: +65 9338 4679

Activity/Aktivitas: Open Heart 4 Practice

Schedule/Jadwal: Thursdays (8:30pm-9:30pm)

Prerequisite/Syarat: Open Heart Level 4

Location: Skype

Language: English

Contact Person: Arianna

Whatsapp: +65 9338 4679

Activity/Aktivitas: Health Meditation / Meditasi Kesehatan

Schedule/Jadwal: 13.00 Perth time Mon-Fri (30 Mar start) / 13.00 jam Perth Senin-Jumat (mulai 30 Mar)

Prerequisite/Syarat: Spiritual Retreat / Retreat Pendalaman Spiritual

Location: Skype

Language: English

Contact Person: Sandra

Whatsapp: +852 9104 1769

Activity/Aktivitas: RT alumni practice incl self-healing

Schedule/Jadwal: Every Saturday, 1-2pm Perth time / Setiap Sabtu, 13.00-14.00 jam Perth

Prerequisite/Syarat: Reiki Tummo Level 2

Location: Skype

Language: English

Contact Person: Sandra

Whatsapp: +852 9104 1769

Activity/Aktivitas: Alumni practice incl self-healing

Schedule/Jadwal: Every Sunday, 11am-12pm Perth time / Setiap Minggu, 11.00-12.00 jam Perth

Prerequisite/Syarat: Spiritual Retreat / Retreat Pendalaman Spiritual

Location: Skype

Language: English

Contact Person: Sandra

Whatsapp: +852 9104 1769

Activity/Aktivitas: Reiki Tummo Level 2 skype practice (Self healing and Open heart prayer)

Schedule/Jadwal: Wednesday and Sunday, 7-8pm Perth/SG/HK time, 11am UK / 10pm Hobart

Rabu dan Minggu, 18.00-17.00 WIB

Prerequisite/Syarat: Reiki Tummo Level 2

Location: Skype

Language: English

Contact Person: Lutfi

Email: openheart2@mac.com

Skype: lutfiani

Activity/Aktivitas: Healing & Open Heart in English

Schedule/Jadwal: Wednesday, 15.00 Jakarta time / Rabu, 15.00 WIB

Prerequisite/Syarat: Open Heart Level 4 / MH 4

Location: Skype

Language: English

Contact Person: Lonneke
Whatsapp: +62 818-250-117

Activity/Aktivitas: Secrets of Natural Walking Level 1 in English
Schedule/Jadwal: Friday, 14.00 Jakarta time / Rabu, 14.00 WIB
Prerequisite/Syarat: SONW Level 1 / RBA Tingkat 1
Location: Skype
Language: English
Contact Person: Lonneke
Whatsapp: +62 818-250-117

Activity/Aktivitas: Guided OH meditation via skype/(WA) in English
Schedule/Jadwal: Wednesday 10.30am & Saturday 11am Bali time / Rabu 10.30 WITA & Sabtu 11.00 WITA
Prerequisite/Syarat: Public
Location: Skype
Language: English
Contact Person: Kristiina
Whatsapp: +62 812-1070-541

Activity/Aktivitas: SONW Level 1 / RBA Tingkat 1
Schedule/Jadwal: Saturday, 9am Bali time / Sabtu 09.00 WITA
Prerequisite/Syarat: SONW 1 / RBA 1
Location: Skype
Language: English
Contact Person: Kristiina
Whatsapp: +62 812-1070-541

Activity/Aktivitas: Distant Healing Padmajaya Malang
Schedule/Jadwal: senin, kamis jam 21.00-21.30 (jadwal rutin) dan Selasa, jumat jam 21.00-21.30 (jadwal tambahan selama lockdown / sampai mei)
Monday, Thursday 9-9.30pm (usual schedule)
Tuesday, Friday 9-9.30pm (additional schedules until May)
Prerequisite/Syarat: Public
Location: Whatsapp
Language: Indonesian
Contact Person: Bambang, Yoshiko
Whatsapp: +62 812-3309-9955, +628179620805

Activity: Distant Healing MYI-5
Schedule: Mon-Sat 8am Jakarta time / Senin-Sabtu 08.00 WIB
Prerequisite: Masteryoga I-5
Location: Skype
Language: English/Indonesia
Contact person: Oma Dewy
WhatsApp: +62 819-5858-8896

AUSTRALIA & NEW ZEALAND

Activity/Aktivitas: Secrets of Natural Walking Level 1
Schedule/Jadwal: Daily, 9pm Melbourne time / Setiap Hari 21.00 jam Melbourne

Prerequisite/Syarat: SONW Level 1 / RBA Tingkat 1

Location: Skype

Language: English

Contact Person: Niki Kha

Whatsapp: +61 437 550 067

Activity/Aktivitas: Secrets of Operating the Human Body

Schedule/Jadwal: Thu & Fri 9pm Melbourne time / Kamis & Jumat 21.00 jam Melbourne

Prerequisite/Syarat: SOHB / Rahasia Pengoperasian Tubuh Manusia

Location: Skype

Language: English

Contact Person: Niki Kha

Whatsapp: +61 437 550 067

Activity/Aktivitas: Secrets of Natural Walking Level 1 NZ

Schedule/Jadwal: Tuesday, 7pm NZ time / Selasa 19.00 Jam NZ

Prerequisite/Syarat: SONW 1 / RBA 1

Location: Skype

Language: English

Contact Person: Jane Wheeler

Whatsapp: +64 21 240 7302

Skype: <https://join.skype.com/RDXRCozcUMCH>

Activity/Aktivitas: Public OHM + RT Channeling

Schedule/Jadwal: Monday, 7pm NZ time / Senin 19.00 Jam NZ

Prerequisite/Syarat: Public

Location: Skype

Language: English

Contact Person: Angeline King

Whatsapp: +64 21 639 821

Skype: <https://join.skype.com/S3rxjPt1NOse>

Activity/Aktivitas: Public OHM + RT Channeling

Schedule/Jadwal: Wednesday, 6.45pm NZ time / Senin 18.45 Jam NZ

Prerequisite/Syarat: Public

Location: Skype

Language: English

Contact Person: Jane Wheeler / Robyn Hough

Whatsapp: +64 21 240 7302 / +64 21 451 347

Skype: <https://join.skype.com/LyPcWSMBU9Dq>

Activity/Aktivitas: OHP and Self Healing

Schedule/Jadwal: Tuesday 7:30pm (Sydney time) / Selasa 19.30 Sydney Time

Prerequisite/Syarat: Spiritual Retreat

Location: Skype

Language: English

Contact Person: Carolina

Whatsapp: +61413830176

Email: padmacahaya.sydney@gmail.com

Link to join: <http://bit.ly/1G2eIgS>

Activity/Aktivitas: Open Heart Prayer

Schedule/Jadwal: Mon-Sat, 6am Perth time, Mon, Tue, Fri, Sun 6pm Perth time

Prerequisite/Syarat: MRT

Location: Skype

Language: English

Contact Person: Maddie

Whatsapp: +61 431 572 743

Activity: Guiding/OHP/Self Healing

Schedule: Each Thursday 11am - 12.15 (Melbourne time)

Prerequisite: SR and RT 2

Contact person: Steve

WhatsApp: +61419005386

Link to join: <https://join.skype.com/FTZmIwI2nAAp>

Activity: SONW Harmony Point

Schedule: Tuesday & Thursday at 8am, Saturday 8.30am Hobart time

Prerequisite: Harmony Point workshops

Contact person: Vanessa Chewings / Diana Forsyth

WhatsApp: +61 400 252 844 / +61 417 380 169

Activity/Aktivitas: OHP

Schedule/Jadwal: Sunday 6pm

Prerequisite/Syarat: MRT

Location: Skype

Language: English

Contact Person: Pipina

Whatsapp: +61451445885

Hobart Public Sessions

For daily lunchtime Open Heart Meditation sessions Monday to Friday 1pm - 2pm Hobart:

<https://join.skype.com/GjwFDrg6gXcP>

For evening Open Heart Meditation sessions Monday 7:30pm & Wednesday 6pm Hobart:

<https://join.skype.com/L05XKPHu0vu3>

For Youth Open Heart Meditation session Monday 4:30pm Hobart:

<https://join.skype.com/OqmQCdaaMI6V>

For Saturday Open Heart Meditation session 1:30pm:

<https://join.skype.com/JgOOgL6EzKSX>

For Saturday Reiki Healing Clinic session 2:30pm Hobart:

<https://join.skype.com/NARKrQaSfyfv>

