



# Hari Core Program (3)

2020 HARI PROGRAM, BOSTON

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**SATURDAY, JANUARY 18<sup>th</sup>, 2020**

Subject	P r a c t i c e H O a n d S H A : K E N a n d K O a n d W A - H O			
1:30 pm - 1:35 pm	HARI PROGRAM	Kototama Chanting, Practice for concentrating one's consciousness and unifying		
1:35 pm - 1:45 pm		Q and A: Jaki, its effect on the pulse		
1:45 am - 2:45 pm		Ho and Yusha	Tonification / Ho technique in Kototama Meditation	
2:45 pm - 3:45 pm		Jitsu: Fu & Gen Ko & Ken	Dispersion: Fu and Gen. Draining within tonification techniques (KO, KEN)	
3:45 pm - 4:30 pm		Wa-Ho	Wa-Ho	
4:30 pm - 4:45 pm		Breathing Exercises and Tea Break		
4:45 pm - 5:00 pm		Gassho	Word and Ki DX.	"Message from water". /Masaru Emoto.
5:00 pm - 6:00 pm		Step 1,2,3.	Root treatment with Ki feedback method by pulse	

**SUNDAY, JANUARY 19<sup>th</sup>, 2020**

	Ketsubon & Kigai Treatment			
8:00-8:30am	HARI PROGRAM	Gassho and Chanting and Study with KOTOTAMA		
8:30-9:45am		Ketsubon as a systemized area used to regulate the Ki of the whole body		
9:45-10:30am		Live-Pts.	Point location on Ketsubon	
10:30-11:00am		Volcano	Stages I, II, III. and Volcano. How we read correlation of Ki condition	
11:00-12:00pm			Demo. and Practice on the Ketsubon area w/(Volcano/Tornado)	
12:00-1:00pm		Lunch Break		
1:00-1:45pm		Kigai: Diagnosis and treatment points on the Kigai.		
1:45-2:30pm			Demonstration and Practice on the Kigai points	
2:30-2:45pm		Ki breathing Exercise		
2:45-4:45pm		Step 0-5	Practice Kigai and Ketsubon: Complete Hari Root + Supplemental systems	
4:45-5:00pm	Q & A			