

## Article From The Reiki Dojo Newsletter September 2007

Reiki Classes and Treatments with Kate Jones, Reiki Master

Phone: 01584 890284 e-mail: [kate@thereikidojo.co.uk](mailto:kate@thereikidojo.co.uk), website: [www.thereikidojo.co.uk](http://www.thereikidojo.co.uk)

### How do you explain Reiki to people?

Last month I launched a new workshop: 'A duty of Care: moving into the public practice of Reiki': to help those who are thinking about giving Reiki to people they don't know to understand some of the extra responsibilities that come with



this step. The first question that came up was: "How do I explain Reiki to a potential client?"

This is a very good question and one that most Reiki practitioners struggle with, whether they are offering Reiki to people they know or strangers. Learning how to explain it is one of the delightful challenges Reiki offers you!

I remember how difficult I found explaining Reiki when I first learned. I knew so little about Reiki, other than my own experience of how it had helped me. So that's where I usually started: with telling a story about how I first experienced it. But then people would ask: "Yes but how does it work? What actually is it?" So then I would mumble something about 'rei-ki' meaning natural life force in Japanese, but my words did not have conviction because I didn't really understand what I was talking about.

So when you begin talking to people about what Reiki is, the best thing you can do is tell them your story: how did you first encounter it? What was it that made you think it was worth trying? What was that first experience like? What happened next?

The other thing I used to do in the early days - and still do today - is to tell people that the

best way to understand it is to experience it. Like someone said: trying to describe what Reiki is like, is like trying to describe the taste of ice cream! Somehow when people experience Reiki, they seem to understand something of what

it is, often on a level that is beyond words.

At a certain point in my practice, I began to be able to find more words to describe Reiki; words that now had meaning for me because I had experiences that supported them. With the greater feeling of connection with the world around me that Reiki brought - especially the natural world - I had more understanding of what 'universal life force' might mean. So when words are necessary, it is good to base what you say on your own experience. After all Reiki is different for each person and you can only say what is true for you.

What I also find when telling someone about Reiki, is that sometimes things come out of my mouth that I didn't realise I knew. So how to tell others about Reiki can be a wonderful exploration. It is a necessary step if you would like to give Reiki to others, whether that is friends and family or a wider circle. So go on, pluck up your courage: just start talking to people about what Reiki is for you. And why not let me know how *you* explain Reiki and I will include some in future newsletters.

Please contact me if you have any questions or comments.

If you would like to receive my newsletter by e-mail please let me know.