



I was listening to a guided meditation recently and the teacher commented how the Mind always likes to know things, to put things in boxes, so that it can understand the world we live in. The Heart, however, understands life in a different way that is more intuitive.

This led me to realise that practicing Reiki has taught me that it is OK not to know the answers. When I first experienced Reiki in my life I was someone who did need to know as much as possible about the world. I had a need to understand that was driven by my Mind. One of Reiki's first gifts was to show me that healing could happen without understanding. I experienced relief from my grief with no psychoanalysis or counselling to understand the feelings. It simply was so.

When I moved on to learn Reiki I found once again that I was being asked to accept something without knowing all about it. When I sat to receive my initiations into Reiki I had to close my eyes and simply trust that what was happening was going to be OK and give me the ability to do Reiki. Somehow, in that context, I didn't need to know. I was happy to simply surrender to what my Reiki Master did.

As I began giving Reiki treatments myself I had my first experiences of just letting the Reiki do what was needed for that person. I was taught not to look for causes or to try to diagnose. For my mind this was a real challenge! There was a part of me that longed to know why? What? How? And why not?

The longer I have practiced giving Reiki treatment to others, the more I've appreciated the gift of not needing to know. What I have discovered over the years is that when we are in this place of openness, not needing to know, some insight or realisation will often appear. When I don't need to know, when I'm comfortable saying "I don't know" the answers to the unasked question will appear. They frequently appear in an unexpected way, such as the experience once in a treatment of a strong sense of a smell that was not present in the room. When I mentioned this to the person I was treating it triggered a memory and realisation for her that was an important step in her healing.

What has perhaps been most challenging of all is to say 'I don't know' about myself and my own life. Reiki self treatment has helped me let go of the need to know from a mental perspective, allowing a deeper, more intuitive and I would also say more spiritual understanding of my self and my life to evolve. As I place my hands on my body each day I am no longer looking for answers. I'm allowing space for what needs to be known to become conscious.

So when I sat down to write my article this month it was OK to say "I don't know... what this month's letter will be about". Now here it is!

Below you will also see an experiment in 'I don't know' with my first 'Pay What you Can' workshops: I am allowing myself not to know what I will receive for them!