



# We Are the Reiki Messengers

BY ROSE O'CONNOR

**I**TRULY BELIEVE THAT we are all Reiki teachers. Whether we've just finished our first Level I Reiki class or have been facilitating classes for years, all have the opportunity, and in fact, the obligation, to carry the message of Reiki to others. In some cases the message is given through Reiki, but in many instances it's in talking to people about Reiki.

If someone on the street asks you, "So... what IS Reiki?" you need to have in your toolbox several short and simple straightforward explanations you can offer quickly. At these times, you may have only a minute or two to deliver your message. In the world of advertising, they call it 'attention economy' or how long you can capture a person's attention.<sup>1</sup> So

this, because it brings a deep relaxation to the body, allowing it to rest and rejuvenate. We all tend to have stress in our fast-paced world!"

There are many kinds of people, and all of us think, act and feel differently. At all times we want to be respectful of the other person's beliefs and ways of looking at the world. Perhaps we are

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How we speak to others about Reiki of course depends on our comfort level with it, and that comfort level deepens over time. But even so, there is always the odd time when you are least expecting it that the subject of Reiki comes up and suddenly you have a new face in front of you, wanting to know what Reiki is.

If you hesitate or get nervous talking about Reiki to others, just remember that you are carrying Reiki within you all the time, so you can simply ask the words to flow from Reiki itself. Holy intervention is always what brought this person, this conversation, to you in the first place, and so, on a Divine level, you are the person representing Reiki at this moment. As one of my teachers likes to say, "The circle is *always* divinely ordered." And so it is.

take a deep breath, call on the Reiki energy to fill your throat and your heart, and begin with a question of your own, such as "Are you familiar with the concept of energy and that we are all made of it?" This will put the ball in that person's court, allowing the person to give you an idea of who he or she is. In teaching, speaking or writing about anything, it helps to understand who your audience is. For example, if the person is very familiar with energy and has had acupuncture treatments, you can say, "Reiki is similar in some ways to acupuncture, in that it enhances the flow of energy in the body, smoothing out its rough edges." Or perhaps this stranger in front of you says, "All I know about energy is that I don't have enough of it!" Then you could say, "Reiki can help with

talking to a scientist. A scientist often deals with linear information, facts that can be proven. For this person, I may refer to Faraday's Law of thermo-magnetic induction. That sounds like a mouthful, but is actually a simple concept. According to Faraday's law, the electromagnetic field of something changes when it is in close proximity to a different electromagnetic field. Every organ in our body has its own electromagnetic field. It vibrates at a certain rate when it's healthy; for example nerve tissue is in the 2 Hz range, bone is around 7 Hz, ligaments around 10 Hz. A healer's hands

<sup>1</sup> Wikipedia, "Attention economy." Retrieved October 4, 2015, [https://en.wikipedia.org/wiki/Attention\\_economy](https://en.wikipedia.org/wiki/Attention_economy).

produce strong, pulsing electromagnetic fields, generally between 7 and 30 Hz, so when those hands come into contact with an organ of the body that is unhealthy or unbalanced, the hands naturally induce the healthier frequency into the magnetic field of that organ, entraining it to raise its vibration to a healthier level.<sup>2</sup>

To understand entrainment, we can look at many things in our world. A seventeenth century Dutch mathematician and scientist named Christaan Huygens identified the phenomenon we know as entrainment as a result of his invention of the pendulum clock. He noticed that two such clocks, when placed on a common support, would synchronize with each other. Even when one of the pendulums was deliberately disturbed, the clocks would regain perfect synchrony within a half hour or so. Huygens described it as the ‘sympathy of the clocks’ otherwise known as the theory of entrainment.<sup>3</sup>

Beyond the scientific explanation of Reiki, there are so many other ways to explain Reiki to someone. William Rand offers us a beautiful philosophic explanation: “Reiki is the primal energy of the universe being guided by the highest wisdom of the universe.”<sup>4</sup>

When we are ‘soaked’ in the Light of Reiki, it is our Divine job to know as much about explaining it as we can—therefore learning to talk about Reiki in a way that makes sense for the person listening. We don’t always know what will make sense, which is why we need a few tools in our toolbox, in case the first explanation does not reach its target.

For example, if someone has deep religious convictions, he or she can often be scared off by Reiki because the person thinks that it may interfere with their beliefs. To this person, we can offer a gentle explanation, clarifying that Reiki

comes through us from God, and that it is, in and of itself, pure Divine Love. My mother-in-law, or my other mother as I like to call her, didn’t understand Reiki, especially Distant Reiki, until one day I explained to her that it was just like a special prayer when I gave it to her from a distance. From that day on, she has asked and willingly received Distant Reiki from me and my husband all the time. She tells me that she feels it, and knows that it helps her in times of stress. She even said that when things are rough in her life, she remembers that we are always sending her Reiki and it calms her down. Do I need to worry that she may or may not understand Reiki in the same words as we do? Absolutely not. I see it as one of life’s greatest gifts that she is so open to receiving God’s Love in this way.

For Christians with strong religious faith, I also let them know that there is a website that talks about Reiki in relation to Christianity,<sup>5</sup> that Reiki always respects free will and that their best guide to knowing whether to receive Reiki or not is to connect with God themselves and just ask!

If you are speaking to someone in a medical setting, a short and simple explanation of Reiki usually works best, such as “Reiki is a form of stress reduction and relaxation that promotes healing.” There is much evidence to support Reiki in medical settings, such as that found on the International Center for Reiki Training’s website, where you can also get a very useful DVD on the subject of Reiki in hospitals.<sup>6</sup>

If you have time at a party or an event of some sort, and the person you are talking with about Reiki seems interested, you can offer him or her a short session. Most people will be fascinated and want to try it. As my Reiki husband would tell you, explaining how Reiki feels is like

explaining what sunshine feels like on your face. You can talk about it forever, but if you just go outside and feel it for a few minutes, then you’ll know. Similarly with Reiki, once a person experiences it, they inevitably begin to understand. Once I was explaining Reiki to a devoutly religious woman at a fair. I talked to her a little about it, then asked her if she would like to try receiving a ten minute session. We were in a very noisy, crowded gymnasium at a high school. We moved a chair behind the tables to minimize the distractions. But as soon as I touched her head and Reiki was flowing, we were both transported to another place entirely. When I finished and gently touched her shoulder, she looked up at me from her chair and said, “I saw Angels all around. This is just like what we do in church when we perform hands on healing.”

This sort of experience is why I remain firmly rooted in the belief that EVERYONE can understand Reiki and be open to it. It doesn’t mean everyone will be open; sometimes it takes time for a person to be ready and let go of his or her judgments, but nonetheless it is always possible for a person to be open to Reiki. We must be careful not to allow our *own* preconceived notions of what people might be thinking get in the way of Reiki speaking to them. Once Reiki begins to speak through you, truly through you, you will see it energetically connect with anyone, and you will ‘know’ without a doubt that Reiki is speaking directly to people’s hearts.

As Reiki calls you more deeply into it as part of your life, you may begin to want to offer Reiki circles or an introductory Reiki talk. These talks can be an informal gathering of friends or relatives or a more formal event at a community center in your town or city or in your Reiki center, if you have one. You might

advertise this event (usually free or by donation) and invite members of your community. At a Reiki Intro session, I give a handout with general information about Reiki and my contact information. I usually join the group together with a short meditation, followed by introductions all around the circle. I ask people to say their name and what brought them there that evening. This keeps the conversation centered in Reiki. As they express themselves in this way, there are always questions about Reiki that I can answer then and there. This creates a natural flow, with Reiki guiding us. Then when the circle comes around to me, I introduce myself and talk a little about Reiki. Sometimes I bring a pack of index cards with me. The index cards each have one of many explanations or descriptions of what Reiki is, or one of the uses or benefits of Reiki. I pass the pack of cards around to the group, and each person takes two or three, depending on the size of the group. Then they take turns reading them aloud one at a time, and I can offer a broader explanation for each one if I feel guided by Reiki to do so. This opens up a lot of conversation about Reiki. This same technique can be used in a Level I class as well. Once we've talked about Reiki for a bit, each person receives a ten-minute Reiki session. This is where building a Reiki community comes in, as I usually invite some of our students or family members

who are attuned to Reiki to attend and help give mini-sessions to others. Although we never know how many people will turn up, or how many Reiki 'hands' we will have, I trust in Reiki that it will always work out perfectly. This is a great way for students who are new to Reiki, or don't get much chance to practice at home, to gain confidence and ask questions. As most of us who teach Reiki know, developing and nurturing our students is a continual process throughout our lives.

I recently spoke with a fellow Reiki Master who said she appreciates having these guidelines, because sometimes she stumbles and pulls back when speaking about Reiki to others who she perceives as spiritually different. My answer would be that today is a new day. We can no longer go by our perceptions and judgments of the past, for what is in the past no longer works in the present. We are officially in a New Age of learning and listening to each other. There may be those who still resist the awakenings that are happening on the planet, but our job is simply to love them, not judge them, and speak to them with our Reiki hearts. As Eleanor Roosevelt once said, "What others think of me is none of my business." That statement has never been truer than it is today. It isn't our job to worry about how others will accept Reiki; it is simply our job to carry the message. We are but mirrors reflecting the image

of Reiki, and if our mirrors are clear and polished, people will look to us and see Reiki in us and understand. As teachers and practitioners, we carry this message with us at all times and in all ways. It is with us at a party, in the grocery store, at a restaurant, in a house of worship, at a board meeting or wherever we are. People we have never met may see or sense the Reiki energy in us and be drawn to it and want to know about it. Our purpose in carrying it is to simply be the Reiki messengers. Let Reiki shine. ✨



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<sup>2</sup> William Lee Rand, *The Reiki Touch* (Louisville, CO: Sounds True, Inc, 2006), 9,10.  
<sup>3</sup> Wikipedia, Christiaan Huygens, accessed October 3, 2015, [wikipedia.org/wiki/Christiaan\\_Huygens](http://wikipedia.org/wiki/Christiaan_Huygens).  
<sup>4</sup> Rand, *The Reiki Touch*, 7.  
<sup>5</sup> [www.christianreiki.org/](http://www.christianreiki.org/).  
<sup>6</sup> William Lee Rand, "Reiki in Hospitals," accessed October 7, 2015, [www.reiki.org/reikinews/reiki\\_in\\_hospitals.html](http://www.reiki.org/reikinews/reiki_in_hospitals.html).