

My TOP 5 Strategies for explaining Reiki

1 **Keep it Simple!**

A Reiki treatment is a Japanese healing method which involves laying fully clothed on a treatment couch whilst I place my hands either on, or just above you in a series of positions. It is almost always found to be deeply relaxing. As it activates the relaxation response at a very deep level it promotes re-balancing by creating an environment where your mind and body can engage their natural healing mechanisms. Avoid too much woo!

Be Gentle! 2

It is best to gently guide and inform people who are attracted to Reiki, rather than try to educate or persuade them (however much you feel they would benefit!). If it is for them, they will come to it in their own time. Let of of your wish for a particular outcome for yourself or anyone else.

3 **Focus on the benefits (but manage expectations)!**

Understand that people are really asking you whether Reiki can help them. Meet them where they are. Explain the benefits in general terms such as relaxation, improved coping etc. If you feel able, why not mention some of the Reiki research which is starting to show that Reiki can help pain, mood, anxiety etc. There is more information in the blog: www.reiki-incentive.com Remember it's not a magic bullet. Paradoxically, it's healing potential is enhanced when we let go of the wish for any particular outcome. Stopping, letting go and allowing the mind and body to relax and open enables the restoration of balance and harmony leading to a deeper and truer healing.

Speak from experience! 4

Share your own story, and the experiences of others.

5 **Embody Reiki!**

If you use it regularly for your own personal growth and to self-treat you will ooze a radiance and calmness. Be the best advertisement for Reiki you can possibly be. Your own calmness will enable you to speak to potential clients with a clear authenticity. If you can remain still and in the moment this will resonate with people. Remember:

Regular daily self treatment.

Engage with traditional Japanese Reiki practices and meditations.

read the strategies in full at www.reiki-incentive.com