



Photo courtesy of Jeannette Stellato

Creating Opportunities to Share Reiki

BY JEANNETTE STELLATO

THERE ARE MANY WAYS TO SHARE REIKI within your Reiki neighborhood. There are also ways to create venues to share Reiki outside your Reiki neighborhood. It begins with intention.

Right after our ART/Reiki Master class with William Lee Rand, my husband, Jim Landers, and I started a Reiki marathon that began a whirlwind of positive attraction. We invited anybody and everybody over to try this Reiki out. We could still hear William's voice saying: *Try it out on your family and friends first. Then, have a Reiki night, or put a notice up somewhere and offer a Reiki talk.* He made it sound easy, so we decided to just go ahead and try some of his suggestions.

Reiki after Class is Over

Class is in session and Reiki is flowing! Class is over and Reiki is flowing! Some students may not feel the connection as strong-

forum for my students to enrich their training" or "I'm in need of a Reiki session and can't afford one."

How to Create an Educational Presentation about Reiki

You might be gasping right about now, but it really is quite easy. If you're a member of the Reiki Membership Association*, you already have a head start. Membership in the association includes a free, down-loadable brochure you can hand out at your presentation, or you could create your own. We decided to offer a short, two-hour workshop entitled "An Introduction to Reiki" and circulate notices to local free magazines and store bulletin boards around town. The lecture/workshop included group introductions and connecting in a group Reiki mawashi or energy circle, a guided meditation and gassho meditation, some perception awareness exercises, a little background about

The important thing to remember is that you have a desire to exchange Reiki and when that happens, it is supported by more of the same. More teachers are encouraging their students to organize ReikiShares and soon there will be availability around the clock!

ly as their collective experience during class and search for opportunities to practice on and off the Reiki table. Again William's words resound, "Reiki is developmental by nature. The more you practice, the stronger it gets."

Does this Apply to Me?

Whether you are a Reiki I, Reiki II, Advanced Reiki Practitioner or Reiki Master, it is helpful to practice, refresh, share and work through the assimilation process that occurs after taking a Reiki class. This also applies to the on-going learning process years after Reiki class and the need to re-visit a safe place to practice and receive feedback. You may be reading the opening paragraphs saying to yourself, "What if I want to take a Reiki class, too?" or "I'm a Reiki teacher and want to create an educational

Reiki history and Reiki lineage, what to expect in a Reiki class and/or Reiki session, more fun exercises, a Reiki sampling and a group closing meditation. There were the brochure handouts for people to take home and sign-up sheets for those who were interested in receiving notices about events, learning more about Reiki and signing up for a class or session.

The Venue

Our intention was to offer these lecture/workshops to the general public. We knew that choice of venue is a major determining factor in whether there needs to be a charge for attendees. And there are other considerations. Some free magazines require a physical address printed in their ads or notices' sections. If it takes place in your home, you may have to prepare ahead by

checking with your local town hall to see if there are any restrictions as well as with your neighbors to address any of their concerns. In addition, you may need to allocate parking and a room in your home or private space. If you've found a hall or meeting room that is free, you might just ask for a "love offering" and allocate the offerings for expenses and refreshments. Here's how it worked out for us.

One day, we were dining outside at Bloodroot Vegetarian Restaurant, one of our favorite spots to dine on the Long Island Sound. Looking around at the serene oasis created by owners, Selma Miriam and Noel Furie, we thought, "How great it would be to bring Reiki to the general public in a setting as beautiful as this." There was such a meditative, casual atmosphere there, picturesque landscape, water that came right up to its property, herbs, trees, pet cats and even wild turkeys! After bringing our dishes back inside, we stopped to thank the owners, and Jim leaned over to Selma and shared how much we enjoyed the 30+ years of dining there and wouldn't it be perfect if we could find such a place for our Reiki venue. They seemed to like "the Reiki energy" as they called it. So taking a chance, Jim asked if they had any rooms we didn't know about to offer Reiki to the public and the answer was "yes." We were overjoyed at their generosity. For the last three years Reiki has been offered at Bloodroot and as a result, many people who may never have even heard of Reiki have found out about it and have tried it. They have also made it a point of dining there afterwards.

How to Create a ReikiShare

Bringing Reiki to the general public was easy, especially when customers would take flyers and inquire about Reiki. Soon we were offering Reiki sessions and, quite naturally, segued into ReikiShares. A ReikiShare can be set up as easily as arranging to meet for a cup of coffee—it only takes two or more people who agree on a meeting time to exchange Reiki. Now that there was the venue, Bloodroot, all we had to do was advertise the ReikiShare. The rest came as naturally as the Reiki practitioners arriving every third Saturday of every month for the last three years to exchange Reiki. The aroma of lunch being prepared gave us something to look forward to when it was over.

Frequently Asked Questions about ReikiShares

What is a ReikiShare?

A ReikiShare is when Reiki Practitioners come together to exchange Reiki.

What is a Reiki Circle?

A Reiki Circle is a name some people use instead of ReikiShare because the word "circle" suggests energy that is omnipresent.

Is it strictly for students of one particular Reiki teacher?

Some teachers hold ReikiShares to continue training and support and to 'give back' their time to their students while under their supervision. Other ReikiShares are open to the public for anyone who has some degree of Reiki training and has been initiated to share Reiki with others. Some shares may be organized by someone who is not attuned to Reiki but finds someone who is to lead the share.

What if someone wants to experience Reiki and is not a Reiki practitioner?

There is usually an opportunity for those not initiated to Reiki to receive the benefits, and it is up to the organizer whether and how to schedule and welcome this format. Many Reiki practitioners and teachers set a separate amount of time aside for this and incorporate it into their ReikiShare as an additional way of giving back the gift they received. Of course, we all receive when we give!

Do we have to participate in every aspect of the event?

Reiki exists as free-flowing energy that is shared when it is flowing. You are free to accept it or not and then continue again when inspired.

Who decides the details for a Reiki Circle or ReikiShare?

The ReikiShare organizer is usually the one who sets the date, time, format, length of time and what will be covered.

As an organizer, will I have to bring anything?

What if I am just a participant?

As an organizer, you will need several items including one or more body worker's tables, pillows or bolsters, a blanket or two and if the place you have chosen does not have chairs, then at least one or two chairs or stools. It's also important to have either a place to wash hands or some non-scented hand sanitizer. Other items to consider would be tissues, water, healthy foods and other beverages and if you desire, a music player with some Reiki-appropriate cds. Additionally you might want paper towels, tissue, garbage bags, sunscreen if outdoors, a watch, camera, guest book, incense. Remember that you will have participants who might enjoy helping out in this way, so if you don't have access to any of the above suggestions, ask for volunteers to bring them. Many Reiki practitioners are happy to bring an extra table and bolster for example.

Is there a cost involved?

Sometimes a cost is incurred for overhead, renting rooms and providing refreshments but this will be advertised ahead of time.

Are there any stipulations about conduct?

There is an understood code of respect and acceptance of all lineages. An organizer will generally set the tone at the beginning of each ReikiShare by bringing together the participants in a collective union by leading a group meditation, a group mawashi or by holding hands and saying a few words.

How many people will be at each table?

This is determined by the number of people and tables present. Chairs are often used too. If it is a general ReikiShare with students of various schools, it is typical to have one person on the table while one is at the head, and the others at the torso and feet.

How long will each session be?

Generally, the organizer sets the time, allowing each person to get a chance to receive and give one or more sessions. The actual time for each recipient's session is determined by how long the ReikiShare is, so it might be anywhere from 20 minutes to over an hour.

How long does a ReikiShare last and how often are they held?

This is up to the organizer. Some last 1–2 hours, while others are an event and last an entire day. Generally, ReikiShares are held once or twice a month. They can be held by the same organizer or rotated at different locations.

What is done at the Reiki table?

This can vary per organizer and ReikiShare. If it is a student ReikiShare, students may be practicing systematic hand placements or byosen techniques with their teacher. Generally, each person uses the hand placements she or he feels is appropriate following the guidelines outlined by the organizer.

Will there be any forms to sign?

It's more common to have a general consent and participation form for multiple participants. You can adapt the free download Client Information Form found at www.Reiki.org.¹ It is a good idea to add an indemnity clause protecting you, the organizer, and the venue and its owners from any liability. Another clause can be added as a waiver, allowing the use of photographs for publication. If you are participating in a town event for an organization, you might have to include the town and various departments.

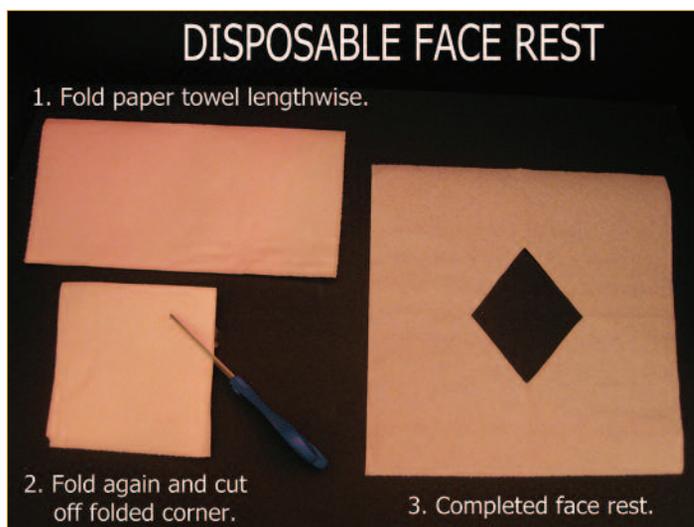
¹ Client Documentation Form. www.Reiki.org

*****Intention***Intention***Intention**

The important thing to remember is that you have a desire to exchange Reiki and when that happens, it is supported by more of the same. More teachers are encouraging their students to organize ReikiShares and soon there will be availability around the clock!

Reiki Face Rests

It's time to turn over on the Reiki table and put your face into the horseshoe-like attachment massage therapists refer to as the "head rest." We Reiki practitioners often refer to it as the "face rest." Permanent and disposable face rest covers are offered by many companies that sell Reiki tables and massage products. You can also make your own using a simple roll of paper towels and here's how:



1. Buy a roll of paper towels (preferably non-dyed) and split them at the perforation.
2. Fold the paper towel lengthwise.
3. Fold it again and cut off the folded corner (about 1" from the point on the fold).
4. Unfold and place your paper towel on the Reiki table face rest.



—Contact Jeannette Stellato by email at info@ReikiOvertones.com.

References

Rand, William Lee. 2011. *The Healing Touch First and Second Degree Manual*. Southfield, MI: Vision Publication.

Reiki Membership Association. www.reikimembership.com.

Rowland, Amy and Laurelle Shanti Gaia. 2005. "Reikishares." *Reiki News Magazine*, Winter: 11.