



Reiki eZine by Taggart King

[Liberate Your Reiki!] Talking to clients about strong reactions

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Liberate your Reiki!

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The eZine for Open-minded Reiki people



Talking to clients about strong reactions What should we say about what they might notice after a treatment?



Reiki affects people in different ways, doesn't it? Whether you are learning Reiki for the first time, or whether you're receiving Reiki through a course of treatments, there will usually be things that you experience as a result of that Reiki. For some people it will just be a wonderful experience: they will feel calm, content and serene, chilled out, their mood will lift, they will feel free, cleansed, their skin will be clear, they will sleep well and they will be full of energy; they will be really enthusiastic about returning for another dose!

But it's not always like that. Sometimes Reiki can bring things to the surface, things that need to be acknowledged and released, and this can lead to everything from aches and pains, to a "Reiki cold", to emotional ups and downs, a frantically busy mind, temporary sleep disruption, a general dissatisfaction with everyone and everything, tiredness and lassitude. It's temporary and necessary but it's not fun.

So if we are treating someone, what should we say to people about all this?

Placebos and nocebos

The mind is a very powerful thing. If you have a strong belief about something, that can become your reality. If you believe that a dummy 'sugar pill' is going to wake you up, or put you to sleep, it most likely will.

In fact they did an experiment where they took a group of students and either gave them tranquilisers or amphetamines ('speed'). But they told the students on tranquilisers that they were on speed and they told the students on speed that they had been given tranquilisers.

What happened? The tranquilised students were bouncing off the walls, while the cranked-up-to-100mph students were lolling about the place, barely able to keep their eyes open. Their belief about the effects they were going to experience completely trumped the biochemical effects of the drugs that were taking.

So whether you believe a particular treatment is going to produce positive effects for you or produce negative effects, the subconscious mind will try and conjure that up for you. The positive effect is called a 'placebo' whereas the negative effect is called a 'nocebo'.

If you think that a medicine is going to give you terrible side-effects, and you've read the accompanying leaflet which lists all the conceivable side-effects that the drug might cause, then you're more likely to experience those side-effects than if you were blissfully unaware. If your culture tells you that a witch-doctor pointing a bone at you is going to kill you, if that happens then you're not going to feel too well.

So what do we do with clients?

We don't want to frighten them into having every possible 'negative' reaction to a Reiki treatment, but equally we don't want to leave them blissfully unaware of the possibility because if they do have a strong reaction, we do want them to know that such a thing may be related to their Reiki treatment and that they shouldn't worry, or think that the treatment went wrong or was done badly.

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