



Reiki eZine by Taggart King

[Liberate Your Reiki!] Reiki Teaching: How To Run A Reiki Share (Part 1)

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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Reiki Teaching: How To Run A Reiki Share (Part 1)



What is a Reiki share?

At their most basic, Reiki shares are Reiki get-togethers where you meet other Reiki people and swap Reiki treatments. If there are a fair number of people attending, everyone takes a turn on the treatment table and can end up being treated by multiple practitioners: you might have one person sitting at the head of the table, someone by your ankles and people on either side of the table too.

Why Reiki shares?

Receiving a Reiki treatments from lots of people at the same time is an *amazing* experience! If you have never experienced that, I really, really, really recommend that you find a Reiki share, jump on the table and see how it feels. You will be blown away!

It is also useful to spend some time in the company of people who do not think that you are crazy for doing this ridiculous energy thing, and you have the opportunity to share your experiences and ask questions. For those who do not have many friends or family on hand to treat, Reiki shares can help to build your confidence and reassure you that all your 'Reiki apparatus' is working properly: you are more likely to receive useful feedback from a Reiki-attuned person being treated by you than you are a member of the general public.

Do I need to be a Reiki Master to run a Reiki share?

No. Not at all. Anyone can set up and run a Reiki share. All you need are a small group of people willing to get together on a regular basis to swap Reiki treatments. You don't need anyone's permission to set up your Reiki share: just start and see what happens!

See below of suggestions about other activities that you can carry out at Reiki shares, where you will see that - other than giving and receiving attunements or empowerments - everything else can be facilitated by non-Masters.

How popular are Reiki shares?

In my experience, although most Reiki people probably like the idea of Reiki shares, and would be disappointed to hear that one had discontinued, the vast majority of Reiki people will not have attended a Reiki share and probably never will. That's just the way it is: people have busy lives, and it's always a very small minority of people that get actively involved in such things.

Having said that, all you really need is a small core of people who are prepared to make the time, perhaps just for one evening or afternoon a month, to get together with others to share Reiki, and you will have a successful share.

Where to hold a Reiki share

Many people hold Reiki shares in their own home. If participants are willing, you could take turns in different people's homes. If you are a Reiki Master Teacher, perhaps you could use the venue where you run your Reiki courses, or someone could hire a local hall, like a village hall. The venue does need to be warm enough to be comfortable on cold days, though.

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