



Reiki eZine by Taggart King

[Liberate Your Reiki!] Reiki Teaching: What Are Your Goals?

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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Reiki Teaching: What Are Your Goals?



When you are starting to teach Reiki courses and are planning what you are going to cover, demonstrate and say, it is very important that you start with a clear idea of what you're aiming for: your goals.

Goals can encompass what information you want your students to have taken on board and understood, what practical exercises you want them to have been through, and feel comfortable with, and what 'Reiki worldview' you want to instil. I will talk more about this last item further down the page.

Knowledge goals

Most teachers will want their students to have a fairly good idea about:

- What Reiki is
- Where it comes from
- What Reiki can do for them if they work with the energy and the precepts regularly
- What Reiki can do for other people when they receive Reiki treatments

This information can be made available on a web site, so potential students can find out about these areas even before they book on a course. So, for example, the "[About Reiki Healing](#)" page of this web site starts with this text:

Reiki is a simple Japanese energy system anyone can learn

- Experience peace of mind and inner calm
- Relieve stress and anxiety
- Bring a sense of balance and wholeness
- Help family and friends
- Explore your spiritual side
- Let go of emotional baggage

Further down the page I include links that people can follow to find out more about a whole range of issues to do with Reiki, which you can see below in this screen shot (please note, this is an image and nothing is clickable):

Everything you need to know about Mikao Usui's simple system

Here you can follow some links that tell you all about Reiki: what Reiki is, where Reiki comes from and what Reiki can do for you. We have tried to deal with the most common questions that people ask when they are finding out **about Reiki healing** for the first time and we have tried to explain things in an easy, down-to-earth fashion.

Reiki is very simple and doesn't need to be made overly complicated or talked about in mysterious mystical language.

And at the bottom of this page you can read the stories of people who have learned Reiki: what it was like and what it has done for them.

Basic Reiki info: a Reiki FAQ

What is Reiki ?
 Where does Reiki come from ?
 What can Reiki do for me ?
 What sort of people learn Reiki?
 What do I actually do on a Reiki course?
 What do I do when I have learned Reiki?
 Progressing with the Reiki system
 What are Reiki lineages?
 Does Reiki really work?

Other useful Reiki info

What does a Reiki treatment feel like?
 Some common Reiki myths
 Attunements and empowerments - what is the difference?
 The Reiki Precepts (Reiki Principles)
 Reiki and Spiritual Healing
 The Reiki Symbols
 Reiki and Qi Gong
 The title "Reiki Master"

Read about people who have learned Reiki healing

Visit this page to read about the experiences of a load of people who have learned Reiki

If you have your own web site and would like to be able to refer to these articles, please include a link from your web site to any of these pages. Don't copy and paste the text into your own site, though, because Google won't like that and will penalise your site.

Then the information can be repeated, rewritten or summarised in your course materials (your manual, maybe on an audio CD). You will see in my blog [Reiki teaching: your course materials](#) that I recommend that you send your course materials out to your students in advance so they can take their time and mull over this information, and re-visit it several times before arriving on your course, and this means that they day of your course can involve you just re-capping the main points, rather than trying to tell everyone everything, for the first time, on a course where your students are half-zonked-out on the energy and in the worst position to be able to assimilate new information!

How to work out what to tell them

There is a lot of information out there to do with Reiki and it can be difficult sometimes to see the wood for the trees. What do you tell them? What should you start with?

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