



Reiki eZine by Taggart King

[Liberate Your Reiki!] Reiki teaching: using the right 4MAT

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Liberate your Reiki!

The eZine for Open-minded Reiki people

22nd November 2023

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

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It's Wednesday, so that means "Reiki Article Day" Mondays and Wednesdays: take 5 minutes to read a Reiki article

Reiki articles for you to read on Mondays and Wednesdays. Each one will take about 5 minutes or so to read, and hopefully you will find something interesting, informative, helpful or thought-provoking, maybe even challenging.

So without further ado, here's....

Today's Article "Reiki teaching: using the right 4MAT"



That is not a spelling mistake: I did intend to spell the word 'format' in that way! The "4MAT" system is a way of approaching teaching that was created by Bernice McCarthy and proposes that there are four major learning styles, each of which result in a student asking different questions and displaying different strengths during the learning process.

The 4MAT system is based on Myers-Briggs personality typing, which break people down into different categories, for example Introvert and Extrovert.

I am not going to go into detail here about the different categories (you can read up about those for yourself if you're interested) but beyond Introvert/Extrovert there are three other pairs of categories:

- Sensor/Intuitior
- Thinker/Feeler
- Judger/Perceiver

Myers Briggs uses these labels to create four-letter abbreviations for particular personality types, so someone might be an "INFJ", an Introvert, Intuitior, Feeler, Judger. Myers Briggs aficionados will know immediately what sort of a person that is!

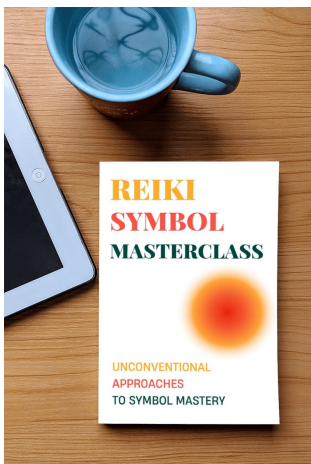
But let's get back to teaching and Reiki...

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So, that's all from me for today.

Take care,

Taggart



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