

# To Share or Not to Share

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**M**ANY ARE FAMILIAR WITH William Shakespeare's line in *Hamlet*, "To be or not to be..." And some of us may even have explored this phrase and contemplated it to better understand aspects of our own lives. As a Reiki Master Teacher, the question I would like to explore with you today is, "To share or not to share?"

Although we often receive insights, messages, and information when giving a Reiki session, when is it ethically correct to share this information with a client? All types of information may come through, whether it's when we first connect with a client by phone, e-mail, or the intake form before the session, or during it, or even some time following it. When we listen to ego instead of that authentic inner voice or Reiki wisdom, we may feel inclined to share these 'truths' without thinking and the outcome may not be in the best interest of our client and his or her healing. It may also have a negative impact when trying to build a Reiki program in a traditional healthcare environment.

I remember when the Human Resources department asked me to coordinate a Reiki experience for staff in our medical center during the annual benefits fair. It was a huge success, and many employees learned about Reiki. Since this was a first for our hospital, and we only had 5-7 minutes

with each recipient, I asked all my participating Reiki students and colleagues to only share, if asked, what they physically perceived as related to stress. One individual disregarded me and almost gave her 'client' a past life reading. It horrified me because if this person shared this information with Human Resources, it could have had negative implications, including whether we could do future hospital events.

I have heard many times that even the best psychic will not be accurate 100% of the time. Just because we get images or information doesn't mean that it is correct; some of this could be metaphorical and unless trained in how to interpret this, what they share may not have meaning nor relevance. As a Reiki

Master Teacher, I prefer sharing from a position of respect and curiosity for both myself and my client. For example, I might say that I saw a girl in a garden dancing amongst beautiful yellow flowers; I then ask the client if this has any meaning stating that it might or might not. It is a question and not an absolute in any manner; the client has permission to reflect on this and to respond or to dismiss the question. My instruction to my Reiki students is not to get seduced by the ego into sharing one's *brilliant insights*.

To reiterate, even the most talented healer and clairvoyant may not always be right. Also, if the client is not emotionally ready for the information, you could cause harm. I am a clinical social worker with decades of experience doing client assessments, treatment plans and interventions. If you are not trained in clinical matters, although Reiki will *do no harm*, one's sharing might harm. The timing may not be right for the person's life, plus the individual may not have the coping strategies nor resources to work with the information. As Reiki practitioners, we do not want to add to prior traumas but to act as a healing presence in a person's growth, restoration and transformation.

Another issue of concern about sharing information and messages is that the client can become dependent upon the practitioner instead of allowing the Reiki itself to heal and

bring insight and awareness. If we trust Reiki, we will allow ourselves to be the conduit and guide, supporting each precious client on his or her journey of discovery.

Although we may feel directed to share information to keep our clients safe, this can exacerbate worry and stress. I recall years ago when my Reiki Master Teacher asked me how my knees were, and then said to be mindful for a certain period. I became worried about what she was perceiving. Perhaps just reminding me to work on my knees would have been better. If I sense that a client has issues with a chakra, I may encourage him or her to work on that chakra with Reiki, if trained, or with other activities and behaviors.

To summarize:

- The messages and images we perceive may or may not be correct.
- It is not best to share everything with a client immediately. Give yourself time to meditate on the information, or if indicated, talk with another Reiki colleague or your Reiki Master Teacher.
- Following a Reiki session, when a client asks about what we perceived, focus back on the client's own experience and observation. I always tell my clients that

what *they* have experienced is more important, and I invite them to share this with me. I assure them I will share some feedback on the session afterward.

- Be mindful of the circumstances if you are participating in a Reiki community event; know who your clients are and reflect on what feels most appropriate. The question may not be *to share or not to share* but *to whom, when, where, and how much?*
- You can even send Reiki for having wisdom and clarity on these matters so that your actions are always ethical and filled with integrity. ❄️



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