

# To Question Is the Answer

BY KATHARINE DANIELS

QUESTIONS ARE a doorway to more possibilities. When I first began practicing Reiki, I did much of what I saw others doing with their practice. I thought they somehow had it “right” and that I should do the same. Over time, I have found that Reiki has a way of showing us what is uniquely helpful to our situation and can develop a deepening personal relationship between the practitioner and client. It has also guided me to develop a style that provides a deeper understanding of the client’s needs. One of the most powerful tools I have found in this development is *asking questions*.

Questions bring guidance, reveal hidden truths, and invite additional possibilities. During a session, I do not do this out loud, but only with my inner awareness and sense of knowing. As I send Reiki to a client, I will inwardly ask, “What will contribute the most to this session?” or “What can I do or *be* to facilitate the most healing here?” Then I let go of any expectations or conclusions, then listen and follow my inner knowing.

At first, it was little things. I would feel drawn to begin a session at the feet or the solar plexus instead of traditionally at the head, or I would see a particular color I would associate with a chakra in my mind’s eye. The information then assisted me in knowing that there is more attention required in



that space. Over time, there was more of a back-and-forth conversation with my questions and then listening. I felt pulled to different areas, saw colors, and received pictures. Things would just *pop* into my awareness. The more I questioned, the more understanding I would receive.

At first, the awareness-pops felt strange and didn’t always make sense. I remember working with a client, and I kept receiving a visual picture in my mind’s eye of prairie dogs. Prairie dogs popping up out of the ground, then running off. I would switch to another hand position, and there it was again. When something is persistent in a mes-

sage, I learned to ask questions. “What is this?” and “What is the significance?”

Sitting and listening in this session, I heard, “Ask her.” I heard it differently than my own thinking. It felt like there was a space in my heart that answered the question. I thought, “She will think I am crazy to mention this.” I tried to shut it down and continue to send Reiki.

The prairie dogs kept coming. I went again into my thinking mind, “Maybe this is some sort of spirit animal. I will have to look up the meaning later,” and I continued sending Reiki. The vision of prairie dogs became so intense I finally gave in and asked her,

“Okay, this is odd, but what is the significance of prairie dogs?” There was silence, during which I questioned myself for bringing it up. But then she began to cry. “I haven’t thought of that in years, but that is something my dad and I used to do together—look for prairie dogs. It was one of my favorite things to do with him as a kid.” She immediately felt connected to him again, and it opened the door to a conversation about her dad. It was directly related to many things she came into the session to change. Had I not begun the session with a question and asked questions as I was working on her, I do not think I would have gotten to this deeper level of healing.

Reiki has shown me that questions can open the door to deeper healing. I use questions to receive information, work with Reiki energy, and empower clients. If someone comes to me desiring to speak in public to a group but feeling fear, it is not my place to offer my point of view. If I align and agree, “Yes, speaking in front of people is a challenge,” does that change anything or lock it in place? Or, if I decide using

my own mind that it must be a solar plexus issue, then because of my conclusion I may never learn that it could be related to something else entirely.

What if I instead ask a question, such as, “How long have you had this public speaking challenge?” “What would happen if you were to speak in front of people publicly?” “What would your life be like if you never stepped into public speaking versus stepping into public speaking?” “Where do you feel this in your body?” “What is underneath this?” These questions bring the client to a space of self-inquiry, rather than looking to me for answers. I facilitate the doorway for them to receive the answers they are seeking. If my questions do not produce an answer from the client, I often ask them to write it down and ask for the session to reveal it. When I check back after a session, they often know what it would take to change something and if it requires more than what we did in the session.

When we are in question mode, we are in exploration and receiving. Over time, as you develop your relationship with the Reiki energy it will grow, and

show you what is uniquely helpful to a situation. So, what can asking questions add to your practice? What would it create to come out of conclusion and question everything? What if there is a space where we can open the door to all that is possible with a question? Tapping into greater knowing by asking questions can be a powerful healing tool in your Reiki practice. ■



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