

Psychological approach to Reiki

April 03, 2020

Dominic Audet – Reiki Master

Reiki is and has always been difficult to describe, as a result of this it has a tendency to attract only a few certain types of people, which is quite unfortunate because Reiki is for everyone without exception.

The information that I am about to share is not from regular Reiki classes. This article is written from my personal life experiences, experience from practicing and teaching Reiki and from my inner guidance. First I want to clarify what I mean by a “psychological approach to Reiki”. Reiki is an energy, an individual is “attuned” to it through a special spiritual ritual performed by a Reiki Master and then learns to work with the energy through methods taught and practiced in class. Reiki provides what we call “healing experiences” that bring spiritual healing on all levels of the being that is simple, natural and safe for everyone. It is something that needs to be experienced to fully understand. Naturally everyone wants an explanation before signing up for this experience, that’s just people being human. Therefore, theory is given to help the students understand their experiences. The theory is not absolute and the students are free to adhere to it or not without hindering their practice. From this understand that Reiki is not a psychological therapy, but can still be approached rationally.

Everyone whether they are conscious of it or not live life according to principles. Principles provide a structure to go by, they may be cultural, family, religious, scientific, etc. or any combination. The first thing we must understand and admit to ourselves is that nothing is absolute. For some people science is their principle and considers it absolute because it provides “proof”. A scientific theory that is accepted as “real science” certainly has more probability as it has been observed, tried and tested over and over with a certain consistency in the results. But consider this, if it were absolute we would know everything about everything, there would be no more mysteries and could do anything perfectly. Present reality is far from this point, is it not? Therefore, understand that nothing is absolute. People that live according to other principles for example, religious belief in a God, some people believe in a vengeful God that punishes the bad and rewards the good, others believe in a Goddess, etc, the list goes on. Which is right and which is wrong? How do we know for sure which is which? There is no scientific proof that God exists. Therefore, understand that in present reality every individual abides by principles that are not absolute, but does so for certain benefits.

The benefit of working with Reiki is it removes blockages from your body, your mind, emotions, from your energy and will gradually bring you to understand it, yourself and life itself. What can be observed is that prior to Reiki things were not working and the person was suffering in some way and after the person gradually becomes happier and healthier as they keep practicing and having more experiences. It becomes a personal knowing. How do you really know you might ask? How do you really know anything I ask you? If one just “jumps on the wagon and drinks all the cool-aid” or has “wishful thinking”, it limits that person’s knowing as they are relying mostly on what others are saying and doing. On the other hand, if one is so sceptical that they demand

“proof” for everything, it limits that persons knowing because they are not open to anything that they cannot already see and touch, and still might be sceptical. Therefore, the best approach in order to be able to experience and to know for yourself is a combination of both. One who openly and sincerely seeks answers to questions for the betterment of themselves, their relations to others, others and of all life becomes a spiritual seeker.

When a person seeks help, whether it's psychological, medical, nutritional, physical, etc, is it not because they are suffering in some way? If a principle that the person lives by is causing them suffering repeatedly and keeps getting worse, is that not proof that something is not working? If so, could it not mean one of two things, 1- the principles that they are living by are incorrect or 2- they are not following them properly, or maybe even both! Whether you are ready to admit it or not, we need principles to help situate ourselves in order to evaluate our condition; this is what propels us into growth.

Now, instead of everyone arguing about information and labels over what Reiki might be and what it might not be, consider this, since nothing is absolute and we live through principles, why not adopt a new principle?

Exercise: Take a moment, get comfortable, close your eyes and think of a situation that troubles you, just sit with it a while and feel it. Now cross reference your troubling situation with the following principal – Nothing is absolute, accept that there are forces in life that are greater than yourself, greater than everyone and everything. The greater force that has created all things and which has created you and gives you life is energy, benign and perfect in every way. It is whole and of pure Light and Love. Light being conscious intelligence and wisdom; Love being unconditional, nurturing and comforting. Nothing that you could ever do or say could ever change its pureness; “IT” is the only absolute. Do not worry about how to explain or to prove it, do not worry about naming or giving it a label, simply let this become your first principle and refer to it as often as you need.

How does your situation feel now? For those that are able to connect easily it may have helped lighten your situation, maybe even dissipate it completely, for others they may still be trying to understand and rationalize it. From this understand that an explanation can only provide so much, understand that Reiki is neither an explanation nor a psychological therapy; it is an energy that will help with all issues holistically, including psychological issues.

Following this there are other principles that can be added to assist you in your daily life in the same way as the first principle. In Reiki we work with five, view document “The deeper meaning in the five Reiki principles” for more information.

I apologize if I seem redundant, but over the years I've encountered two main types of people that continue to argue, or have difficulty, are those that abide strictly by scientific principles and require “proof” and say that Reiki is not real, fake etc. and those that abide strictly to religious principles and fear Reiki is a religion that will steer them away from their faith and is bad, etc. Both extremes are false! Again, it is not a religion as you do not have to adhere to the theory nor even believe in it, you can continue to hold any previous beliefs if you so choose, in any case you simply need to be open to experiencing it and to practicing the methods in order to continue

your experience and feel better in the process. Reiki opens, clears, supports, nourishes, guides and gives you something to do to help you and others out of sufferings.

In conclusion, this explanation does not explain Reiki scientifically as it is currently impossible, it is not a religion as just explained, it is not “Reiki” as Reiki is not an explanation or psychotherapy, Reiki is an energy that needs to be experienced to benefit from it and to understand it. This explanation is however, a psychological approach to explaining why or how to consider Reiki for yourself.

If you have any question you may view document “Demystifying Reiki Q/A”, or contact me I will be happy to answer.

Web site: www.hfreiki2.wix.com/dominic-reiki-usui

FB: REIKI ÉTERNEL AMOUR et LUMIÈRE <https://www.facebook.com/dominicreikiusui/>

You have permission to share this document as long as it is shared entirely without any modifications whatsoever.