

Demystifying Reiki

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Everyone would love to have a detailed explanation of everything before making any kind of decision about anything or making any kind of commitment, including about Reiki. The big question is, for newcomers and even experienced people alike, what is Reiki? Reiki has always been and still is today, difficult to describe, the explanations always seem abstract and ambiguous.

Most people have the general knowledge that Reiki is Japanese for Universal life energy and that it's a laying the hands on method.

But what does that mean exactly?

Following are a series of questions (**Q:**) and answers (**A:**) to help you gain more clarity and a better perspective on the subject. Q/A:

Q: What is Universal energy?

A: Universal energy is from the concept that everything is energy; it is all around and within everything.

Q: What is Reiki?

A: Reiki is what we call a "healing energy" which is part of the Universal energy. The same word is also used to describe the method which is a Japanese method of energy work through the hands. The original being Usui Reiki.

Q: What is energy work?

A: Through the concept that everything is energy we see ailments or conditions as energy blockages obstructing the natural flow of energy through the organism and work with the energy to re-establish a flow.

Q: Why practice, or receive, energy work?

A: Conventional methods often work only on one aspect of the being. Energy work re-establishes the natural flow of energy through your systems; it is like a therapy for the mind, emotions and the body. It helps soothe all ailments in all these areas and helps you gain a sense of holistic well being.

Q: Can Reiki heal?

A: While anything is possible, it is rather viewed as “holistic healing”, a natural preventative measure that helps relax and reduce stress and through the gradual elimination of energy blockages, improves the function of the body’s natural healing mechanisms.

Q: What is holistic healing?

A: It is a way of working with the person’s entire being, viewing everything as connected rather than separate and focusing on a specific ailment and/or diagnosis and/or treatment.

Q: Is there contradictions to Reiki?

A: No, it can be received on its own or as a compliment to any other therapy or treatment without contradiction.

Q: Why practice or receive Reiki?

A:The reasons why are numerous, just to list a few – simple, easy, natural and safe way for relaxation, stress reduction, improve sleep, self cultivation, gain better understanding and control on our mind and emotions, develop intuition, learn about and experience the world of energy, help improve relationships and able to assist others by inducing relaxation within them, etc.

Q: Is it metaphysical? (*Dictionary: very abstract, subtle, supernatural. Metaphysics – the branch of philosophy that seeks to explain the nature of being and reality; speculative philosophy in general.*)

A: Even though quantum physics and the holographic theory provide good answers, these are not yet widely accepted by the scientific community, therefore Reiki can be considered metaphysical.

Q: Is it mystical? (*Dictionary: spiritually significant or symbolic; mystic – of esoteric rites or doctrines, one professing to undergo profound spiritual experiences.*)

A: Same as previous.

Q: Is it esoteric? (*Dictionary: meant for only or understood by only a chosen few.*)

A: Because of the ambiguity in describing Reiki it has been considered, and still is according to certain lineages today, esoteric. However, the founder himself did not consider it esoteric and meant it to be for everyone without discrimination. I have worked considerably in adapting the course to provide experiences and explanations in order to help make it even more accessible. It

is best viewed from a “spiritual approach” where understanding is gradual rather than immediately as with a proven scientific fact.

Q: What do you mean by a spiritual approach?

A: Not a physical approach, not a psychological approach, not a scientific approach, not a religion or sect, nor is it hypnosis. It is a spiritual approach to discovering energy.

Q: What is spiritual?

A: Spiritual is when an individual starts to ask questions about the nature of his/her being, others and life in general, seeking answers to give a sense and to develop understanding, that brings peace and meaning to the individual’s life. Therefore, everyone has the potential to be spiritual.

Q: Is Reiki Buddhist?

A: No, it is not affiliated to any religion or sect. All religions have common threads. Because of the lack of scientific tools to provide clear and precise explanations about Reiki, it is often explained in very plain and simple terms that may resembles that of many different religious, shamanic and other belief systems. Reiki is spiritual therefore works well with all beliefs that any individual may have.

Q: What is the difference between spiritual and religious?

A: There may appear to be similarities with religion and dogma, but there are a few main differences. Religion requires belief in specific things and often requires adherence with little or no way for the individual to experience for themselves. Reiki is energy not a doctrine, it only requires openness in order to experience it, once it is experienced it becomes clearer and changes the belief into personal knowing. Reiki works with concepts to help understand the experience of energy work. Concepts that are not exact sciences, simply to give general guidelines as to what the individual is experiencing through their energy work rather than require adherence without experience. Each individual is free to accept them or not at their own discretion without hindrance to their practice.

Q: Is Reiki real?

A: Aside from the thousands of testimonies from people all over the world, many observations have been made in the past hundred years, if you can observe phenomena, undoubtedly it is real, just not easy to describe or prove in a thorough scientific way. More and more research is being conducted on the benefits of Reiki, Reiki sessions in hospitals and on meditation.

Q: Do I need to believe in anything to experience Reiki?

A: No, for a session you simply need to be open to receiving an energy session and for classes you need to be open to discussing different concepts and practicing the methods.

Q: Is Reiki meditation?

A: No, Reiki is an energy, an energy that the individual needs to be “attuned” to by a Reiki Master.

Q: Is meditation taught in class?

A: Yes, but while there are meditations practiced in class, certain meditations performed in class with a Reiki Master present are different than regular meditations that one can perform on their own, like Holy Fire experiences for example.

(The explanation of the two preceding questions is done through the experiences lived from the journey through out the levels of Reiki.)

Q: How to experience Reiki?

A: You can experience Reiki in a Reiki session with a person that has been attuned to Reiki, a Reiki practitioner or Master. A session may not answer all your questions, but will provide you with an introductive experience. People that are sensitive will be able to sense the energy right away as being warm and soothing and may have other experiences as well. People that are less sensitive may not “feel” it right away, but will leave the session very calm and relaxed as opposed to coming in stressed. For some people that is all that they need, is to simply come and not have to talk or undress or undergo any bodily manipulations or take anything, no external conditions, just a simple, easy, natural and effective way to gain a sense of well being.

For those that want to understand further they will have to “set foot to the path” by taking Reiki classes. Rituals to experience, concepts to contemplate and simple methods for working with Reiki to help develop intuition and for improving emotional, mental and physical health, the more one practices the more one understands. The classes are divided into progressive levels. Each level requires a little more practice and commitment. The classes I offer are detailed and complete giving all the basics to build on in the following levels. There are experiences and methods taught that each person can benefit from at each level of training, each individual is always free to explore and journey as far as they are comfortable. For those that are still unsure about Reiki for whatever reasons, I have created a Pre-class called Reiki Immersion. This class is Reiki at its simplest, focused more on experience than detail, while still providing wonderful experiences in class and learning a very simple method of self practice allowing the individual to explore further without any “big commitments”.

Q: Why are there different “Reikis”?

A: To answer to different needs. Universal energy is very vast! There are different levels to the same “Reiki healing energy” and there are different “Reiki healing energies”. For example, in the same way that if you were to ask a group of different people to accomplish a certain task, they may not all do it in the same way, but still work to get it done. Different energies work differently and work at higher levels of comprehension and experience. For example, Holy Fire energy works differently than Usui Reiki and it is only received at a higher level of training, same as Blue Star Celestial Reiki, otherwise a person will have difficulty understanding without prior training and experience and will also have difficulty adapting to and assimilating the energy. Assimilating higher vibration energy is done in stages, otherwise can be similar to plugging a 110V appliance in a 550V outlet.

Q: Will Reiki interfere with my other energy or spiritual practices? *(Examples: various Yoga practices, various Qigong practices, various Taichi practices, various martial arts, meditations or other.)*

A: No, they complement each other and it will actually help enhance them. Everything and every area or aspect of the being blossoms/radiates from the Reiki energy.

Q: Why do we have to pay for Reiki?

A: While the energy is free the practitioner’s time is not, there are no government, religious or social institutions funding Reiki. Being a professional practitioner requires a lot of dedicated time and investment while being part of the same world and assuming their responsibilities and have to pay for their needs as everyone else. However, they may choose to offer services freely at their own discretion.

Q: Are professional Reiki practitioners special?

A: They are only in the sense that they tend to be more dedicated to self improvement and helping others than the average person.

In conclusion Reiki is a spiritual approach to energy therapy that opens and soothes the mind, emotions and the body.

If you have any other questions please feel free to contact me I will be happy to answer.

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