

A spiritual explanation to Reiki



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As mentioned before, Reiki is not easily described and even from the beginning there doesn't seem to have been any clear explanations. To put it simply Reiki is energy, Universal energy. Reiki is meant for everyone and as such has been practiced by many people with many different backgrounds leading to many different explanations and many different words used to attempt to describe the same thing. All these different words used to describe Reiki have become part of Reiki's history. Please do not get hung up on the words. Words are just words used to describe things.

After years of study, practice and experience, I can say with certainty that Reiki is very vast! It is a wide subject, so much that I hardly know where to begin to explain. I maintain that the best way to know Reiki is to experience Reiki.

Before I begin, it is important for the reader to understand that there are many theories and beliefs out there and that the following descriptions are not an exact science and are not absolute, but simply to give a better idea of what Reiki is and is free to believe or not, to agree or disagree, to take what makes sense and to simply set aside what does not.

(Text is written in masculine form to lighten the reading, but is meant to include both genders.)

Let's start with the founder's explanation. Mikoa Usui was said to refer to the Reiki Kanji as his ancestors and that the methods where to help an individual return to his ancestral self, in the belief that once a certain attainment of self was reached and the individual transitioned they could choose not to reincarnate and come back to Earth as a presence to help others accomplish the same.

Reiki is to be understood as spiritual or spiritual energy. Spiritual is when an individual starts to become conscious of his self beyond his own immediate needs, starts to question his relation to others and to life in general, in other words is starting to awaken. Spirituality is very personal and is

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part of the natural progression of any individual. Not everyone awakens at the same time or in the same way, there can be many different ways to awaken, either naturally or due to certain triggers. For example - through observation and reviewing ones life, after an accident or significant life changing event, through a religion, through mysterious experiences, through work and through personal development to be a better person, etc.

But what is it that we are awakening to? Awakening is the first step in a process of becoming conscious. We are awakening to our being, to nature, to our place within nature and our relation to nature. Nature is energy, everything is energy and therefore our being is also energy. From this we establish the concept that there is one ultimate Source for all creation. This Source can go by many names according to the beliefs of each individual. For many this is how they understand Reiki, we could say with a capital "R" and is often interpreted as "**Reiki the life force**".

In order to give you a better idea of what I'm about to explain, imagine a man at the foot of a very tall mountain, he can see a large part of the mountain from the bottom, but there is a much greater part that he cannot see past the clouds. The man is present consciousness before awakening and the peak of the mountain is the Source and full consciousness. In between the two extremes is a very vast space! In this space there are many things that man is aware of, that which he sees beneath the clouds, and a great number of which he is not, that which lies beyond the clouds. Within that space is where we find reiki, we could say with a small "r". We often refer to it as a "healing energy" and which there can be many. Here we are speaking of "**Reiki the healing energy**". This is the energy that a person is attuned to. It provides a very different experience to those that experience it that is distinct from other energy practices. It is the energy that clairvoyants can see as being and working differently. It has its own consciousness and therefore self guided, respects free will, acts as a support and guide. For many this concept is more difficult to grasp and tend to adhere to the general concept of Reiki with the capital "R". This is perfectly fine as the purpose and final destination is exactly the same.

It is a process to become aware, it is like embarking on a long journey, in order to journey to a destination you must undoubtedly choose a path. **Reiki is a path.**

What are we becoming conscious of, why must we journey to a destination, what is the destination that we are becoming conscious of. We often become conscious of suffering in whatever form we experience it, mental, emotional or physical and we journey to finding freedom from it, along this journey we gradually discover the true destination.

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Suffering is ignorance and the antidote is consciousness. We ignore our being and its source. Reiki is a way of relieving suffering. Through the hands on energy sessions, or distance sessions or embarking on the path and being attuned and practicing the methods we can find relief, peace, health, harmony and much more. **Reiki is a method.**

Without going into all the intricate details of all the energy mechanisms of a being, I do think it is important to set a few guidelines in order to understand how the process works. Sufferings of all kinds are due to an obstruction of energy flow within our being. First let's define the general aspects of our being. Imagine a sphere, from the general concept that there is one Source for all creation we are created, this is our core, the spirit or what some call higher self, it is at the center of the sphere, it is pure and perfect. Next you have the outside perimeter of the sphere, it separates you from all other creations, this is the ego. In between is another aspect, the soul or what some call the etheric body, it is imbued with personality. The ego is conscious, the soul is subconscious and the spirit unconscious.

The ego has eyes on the outside world only and reacts according to its main function of survival of the organism. What is perceived as a threat to the survival and well being of the organism is imbedded in the personality in the subconscious and can vary greatly from one person to another. All these different perceptions act as barriers to the spirit, which is on the inside and not perceived by the ego as its view is on the outside, even the soul is tinted with ego and personality. All these barriers are fears perceived by the personality and acted upon by the ego in the physical, creating blockages in the natural flow of energy. **The five Reiki principles** help work on the conscious and subconscious aspects. Obviously there is much more to elaborate on this subject, it would take a rather lengthy book and without experience remains difficult to understand, this is simply a brief explanation in order to give you a general idea of how blockages are created.

What Reiki does is penetrate within the being and filter, or in other words brings up to the surface that which needs to be released in order to re-establish the flow of energy. With the energy flow being restored, sufferings diminish and a sense of well being takes place. It releases the old and makes room for the new. The new is the spirit coming forth, like emanations of the sun's rays. The more the being is filtered the more it becomes whole and conscious of its self. The unconscious becomes more conscious.

In a sense suffering is ignorance, ignorance is fear, fear is obscurity. If a little light shines through obscurity it dissipates and we can see more clearly, shedding light on fear and ignorance and

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making visible any remaining barriers, combined with a little love those dissipate and thus does suffering dissipate. **Reiki is Light and Love.**

Regardless of your view and understanding, Reiki simply is and does what it does. As I mentioned previously there have never been any clear set or absolute explanations of Reiki, this is only one brief explanation. The theory is explored in further depth through the Reiki classes which also provides many more experiences. Reiki is and always has been experiential, the experiences are personal to each individual and from experience each individual can relate it either to this explanation or whatever makes more sense to them, whether it's a religion, science, etc, or varying combinations. However, it's important to keep in mind that part of Reiki is to simply let go and observe what is.

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

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