

Demystifying Reiki Q/A



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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 an energy method of laying the hands on the body.

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 and comprehension of 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. The all encompassing or the larger body of energy.

Q: What is Reiki?

A: Reiki is what we call a “healing energy”, a smaller body of 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.

The same word can also be interpreted as a path, the path to discovering yourself, life and your place in life through energy, the way of life. It is a personal experience that each must choose to experience for themselves and from there will be able to define it for themselves.

Q: What is energy work?

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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 “complimentary care” or of a “holistic healing” approach, 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

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metaphysical. However, despite the arguments over the various theories, many observations can be made and easily confirmed by people who have tried it.

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. I would add that mystical is when someone becomes aware of things but cannot fully understand or yet explain them.

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

A: Esoteric comes after mystical, where one has become aware of certain things and is seeking to understand them, they gradually become less mystical and less esoteric, the chosen few or sometimes considered privileged are simply people that have worked seriously at understanding the true meaning of the teachings and to put them into practice. At times in the past the teacher would select his/her students and not the other way around as it is often today.

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. We could say that it is an “inner” experience, discovery from inside one’s self, making it very personal. Therefore, everyone has the potential to be spiritual.


Q: How do we understand energy and spirit?

A: As previously mentioned it appears mystical and esoteric at first, however, as one practices and experiences he/she observes and learns, it is then less mystical and esoteric. Energy is actually quite physical and easy to observe, once you can do that the more subtle levels become

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more easily observable and understandable. It is the same with spirit, however, spirit stretches out beyond what our rational minds can explain. Therefore there are different levels of experiencing and learning to Reiki. For beginners, to help put things into perspective, simply understand energy as something that is tangible, it can be good or bad. For example you stop to ask for directions, the person looks at you with a sincere smile, is very polite and charismatic and gives you clear directions and even recommends a nice restaurant, you feel good, you feel the good energy. Now same situation, but the person is grumpy, raises his voice at you and is condescending, you feel bad, you can feel the bad energy. In your life do you want help getting more "good energy" or more "bad energy"? Is it useful to you to have more bad energy in your life? People rarely need more bad energy, right?

Now spirit is not really tangible, but spirit is intimately connected to energy. For example in English there is an expression "he/she is in good spirits", meaning they are in a good mood or have a good mindset. Simply understand that in order to give "good energy" you need to be in "good spirits". Keep in mind that Spirit always has another level of mysticism and esoterism to be discovered.

Reiki is a "good" source of spiritual energy = Love and Light 

Through a spiritual process you are connected with Reiki, you then learn to work with this energy to receive its benefits and discover more of the depth of its meaning in the process.

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, philosophies, 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 religions and their dogma, but there are a few main differences. Religion is more "exterior", being told from the outside who you are and what life is etc. set views and rules that one chooses to adhere to. Even though nowadays many religions have adopted a spiritual approach to their doctrines, in order to go further in the hierarchy 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

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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. Meditation is meditation, Reiki is Reiki, it helps meditation.

Q: Is Reiki simply a method?

A: No, if it were simply a method or technique no attunement would be necessary. Techniques are techniques, Reik is Reiki, the attunement is what animates the techniques.

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

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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”. (For a more in depth approach on this subject see the document “To students of the healing art”).

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

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time and financial investment while being part of the same world as everyone else, having to assume their responsibilities and having to pay for their needs. 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.

Q: Does Reiki have a link to paranormal?

A: What is paranormal? It is phenomena that is beyond the scope of scientific understanding. Such as - heightened sensitivities; seeing or hearing and communicating with the deceased or beings from higher dimensions or in distant places; seeing or feeling energy; seeing or feeling at a distance; knowing without knowing, etc.

What is considered paranormal and odd by the majority of people is actually true existence. For people that experience and understand true existence see the majority as odd or simply "un-awakened or sleeping", as everyone can experience true existence.

Some people inadvertently open to some of these "gifts" naturally without knowing why or how. These people can have a difficult time as the majority of society see these things as paranormal or simply not real, but to the person who has these channels opened it is very real! Unfortunately it doesn't come with an instruction manual and the person is often left to themselves, in fear and thinking that they are not normal or even crazy.

Reiki is at the base of everything. Through Reiki attunements and working with Reiki an individual gradually finds his/her senses heightening. Reiki acts as a "purifying" energy that gradually removes that which obstructs a person from true existence. As a result helps to eliminate fears, gain a better understanding of "what is" and what to do. Proper Reiki training provides the "instruction manual" to navigate this heightened state, to recognize and to face fears and know that you are not crazy.

Q: Some people say that you have to believe or want to heal to be able to heal. Is that true?

A: Believing in healing and wanting to heal. These are two factors, among many others, that have an influence on healing. Understand that healing is a process that involves different aspects, the physical, the mental, the emotional and the spiritual – being the aspect that is least tangible, we cannot see it, touch it or examine it under a microscope, etc. it is an aspect that we gradually become aware of and seek to understand. That does not mean that when you go to bed tonight that if you believe in healing and that you want to heal that you will automatically wake up the next morning completely healed and if you don't that you are to blame; it means

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that it will have a positive effect on your overall healing process. They are simply two factors that have an influence on the overall process; the process is about becoming more aware of your self and the healing process itself. If you believe in healing you become more consciously open to the possibilities and the healing process, if you want to heal you become more consciously active in the process, it is a gradual process with many variables. Let it be clear that there is no judgment, no punishment, no condemnation, no shaming or guilt, etc. The process is about love and acceptance.

You can view the block in your energy as an onion, when you receive Reiki and you cry for example, when you let yourself cry you are releasing and peeling one layer of the onion away, one step forward in the healing process, when you go for a massage and feel more relaxed you have peeled another layer of the onion away, when you talk with a psychologist and they help you to understand a certain issue and you feel relieved, you have again peeled another layer away and again the same through many other possibilities. The more you peel away the more you re-establish the flow of energy and then gain a stronger sense of well being and harmony. Healing is an ongoing process that includes many different aspects that you may not be fully aware of or understand, but in reality are all connected. You simply do your best and keep moving forward one step at a time. (For more info. see document “Redefining the words “health” and “healing”).)

Q: If Reiki is not a religion then why are there words like “Holy” or “Divine”?

A: Words are just words used to describe things, when you start to explore Reiki you will encounter many “things”, if we do not use words to identify them, before long we will have so many “things” that we will no longer know which “thing” it is we are talking about. We give names to things to identify each different thing, we use words to explain things that are not easily described. Since Reiki is neither a religion nor a sect, it has been practiced by many people from different origins with many different backgrounds and experiences, therefore leading to many different explanations and many different words used to describe the same thing. All these different words used to describe Reiki have become part of Reiki’s history. The words “Holy”, “Divine”, “Light” or any other word of that nature is not a copyright property of religion or of any particular religion, they are simply words use to describe things and to identify things. If you encounter a word that bothers you to the point where it keeps you from your wonderful experience with Reiki, simply set it aside.

Q: Does a person need special qualities in order to take Reiki training?

A: No. This is a question that comes up often; people seem to think, whether consciously or unconsciously, that they need to be perfect in order to take Reiki training. If you are perfect, you don’t really need the help of Reiki anymore. Reiki is for everyone, come as you are.

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Reminder: When trying to understand Reiki, it's very easy to over think it, the whole process may seem ambiguous and can be confusing and even frustrating, rest assured that it's completely normal to experience these emotions, it's through practice and observation that it will gradually make more sense. Very important to let go of expectations and preconceived ideas, also, do not get hung up on words and explanations, there are limited words to describe what we are doing here and what Reiki is, the explanations are by no means absolute, you do not need to agree or believe them in order to experience and practice Reiki, simply be aware of them as they provide a structure, like a shelf, for you to organize your experiences in order to help you make better sense of them.

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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(FB: English translation – ETERNAL REIKI LOVE & LIGHT)

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