

# To students of the healing art

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## The ways of Reiki

The ways of practicing Reiki:

**The gentle way** – is a when a person is initiated to Reiki and lets the energy of the attunement gently work in the background without the person putting in any additional effort. When they feel the effects of the energy diminishing they may just get re-attuned instead of practicing.

**The intermediate way** – can be practiced one of two ways,

- 1- The person lets the energy work gently in the background and when problems arise practices the methods until the problem subsides and then goes back to “normal”, using them only when needed.
- 2- The person lets the energy work gently in the background and practices the method of no method; meaning do what they feel when they feel like it and however they feel like doing it.

**The advanced way** – is when a person practices regularly even if they are not experiencing any problems.

**The dedicated way** – is when a person is dedicated to practicing every day according to the methods.

**The Masters way** – is when a person has practiced all the ways, humbly accepts them and sincerely seeks to continue to better understand them and him/her self reaching new heights for the highest good of all.

## Attunements and Ignitions

Many people wonder about the attunements and Ignitions, they wonder why can't they receive them themselves? It's a very good question! One that I have often asked myself, over the years I have come to understand that it is a question of dedication and vibration. The Masters that have brought Reiki to us, Mikao Usui, William Lee Rand with the Holy Fire, have dedicated their entire lives to finding answers to life's most profound spiritual meaning and how to heal by practicing

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many methods in many ways eventually leading them to Reiki and devoting themselves to it entirely.

If you make little or no effort to connect to your spirituality, you cannot expect anything to happen, your vibration stays low. The moment you start to connect you start to have experiences, at first they may be very abstract, but if you continue you will make observations and start to respond differently, you change and your vibration changes, the experiences progressively become clearer and clearer as you continue.

If you do not know what to practice or how to practice you may go in the wrong direction or just go around in circles and get discouraged. It takes enormous dedication to discover what and how to practice. Mikao Usui had discovered a spiritual connection of spiritually guided life force and he then developed a method to connect others to it, the attunement, it is an “easy connection”. Without all his prior personal spiritual work and dedication to experiencing “the special state of consciousness”, he probably wouldn’t have attracted and received this connection as his vibration wouldn’t have been high enough.

The more you raise your vibrations the more you can access higher vibrational frequencies of energy. We are very fortunate for having dedicated Masters that do all they can to help raise vibrations and consciousness. Attraction to the attunements work in the same way, when a person’s vibration is high enough to be open to Reiki they feel drawn to it in some way. The attunement brings in new higher vibration energy helping the person raise their vibration and the same is again repeated when a person feels ready to move up to the next level. In between the practice is important to help anchor this new vibration and to continue to cultivate it in preparation to the next attunement or Ignition.

To raise ones vibrations naturally entirely from one’s own will without any help is a lot of work as mentioned previously and can take years, decades even a whole life time or more! So in answer to the question “why do we have to pay for Reiki?” You have advantage to be attuned to Reiki by a Master even if you have to pay for his/her time. The Reiki attunements and Ignitions are like an “easy connection” saving you enormous amounts of time and energy on the advancement of your spiritual development, providing you with support and guidance that you can’t yet begin to comprehend until you have experienced it.

Sometimes a person that is very dedicated to their practice will have significant spiritual experiences before the next attunement or sometimes even before the first attunement, this is

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good work, the energy is preparing their energy vibration to be able to “receive and accept” the first or the next attunement, that again raises their vibration. Because of this, sometimes a person may fool themselves into thinking that they have already received the attunement or Ignition on their own, but it is more like a preparatory experience that shows the person what lies behind a certain “door” if they continue on the path that leads them to “that” door, once they’ve received it from a dedicated Master they will quickly see the difference; the energy is stronger and more significant in every way.

Some people feel intimidated when someone else speaks of their spiritual experiences; know that everyone experiences what they need to when they are ready to experience it. Some people are intimidated when William or other speaks of Jesus, it may give them the impression that only a chosen few can have access to him and they have to be special, this is completely false! Everyone has access to Jesus and all other spiritual Masters at all times, it is simply a question of vibration and experience if the person is able to perceive them and a question of vibration, commitment, understanding and devotion if they’re able to receive attunements or Ignitions directly from them.

One needs to be open and dedicated to a sincere practice in order to raise vibrations enough for this to happen. Do not fool yourself, it requires a strong faith and is a lot of work to raise ones vibrations. The more one works with the energy the more the individuals vibration raise, the clearer the connection and the easier it is to understand the process and access higher vibrations of energy. That is how you can have clearer more pronounced experiences for yourself without an intermediary. That is what Reiki energy is all about, to help clear your energy, your mind, your body, your emotions and raise your vibrations. The more you use the energy the more you increase your vibration and the more the vibration of the energy increases, or “upgrades”, this is where Holy Fire evolved to Holy Fire II and evolved to Holy Fire III and Holy Fire III distance upgrade. (For more information on the evolution of Reiki see document “The Future of Reiki”.)

Depending on the “way” that you practice you will have different experiences. “Do your work diligently”, that is the “way” of a Master.

I know that for many these explanations do not answer your questions. There is still a lot about Reiki and the attunement process that is difficult to describe and much more that is beyond the current conscious capacity to rationalize. I do wish that someday science will be able to clearly define it, but in the mean time we should not let that be a barrier to spiritual realization. If we

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consider that it took thousands of years to be able to describe what science is currently able to explain, or at least in part explain, and the fact that there are a lot of people, including in the scientific community, that do not understand what spirituality is or even believe it, and the fact that even those that do, do not even know how to describe it or even where to begin to find a proper way to test it and the funding necessary to do the tests, it could be another thousand years before we have any “concrete” explanations. Life is experience, we cannot rationalize life before we experience it, the rationalizing and explanations come after, be it deemed of spiritual nature, professional or other, which is simply how it is for all things. (For another approach to Reiki see document “Psychological approach to Reiki”.)

A true Master’s goal is to teach what he/she has learned to the students that come to him/her so that intern they too can become Masters and reach more people and provide more experiences. For this reason I would like to bring up another subject for you to consider.

### Respect and identification

When studying healing arts and spirituality from the oriental culture, one of the things we come across is it is custom to not ask certain questions and to respect your teacher. That may seem ok and odd at the same time and does unfortunately turn a lot of westerners off as they find it quite frustrating in regards to what they are accustomed to. As a westerner, I completely understand the feeling when not able to ask questions and get reasonable answers before making any kind of decision or commitment, for that reason I am sharing information and remaining open to questions, but I have also come to understand the reasons why it is so and even as I answer questions it is important to understand that it all comes back to the same point. Some of the reasons are simply cultural etiquette, the same way it is sometimes considered improper to ask a woman’s age, but when it comes to spirituality it runs much deeper than that. The notion of respect in the general sense is simply proper etiquette and everyone can agree that we all want and deserve at least a minimum, but if we examine it closely we notice the “state” behind it.

**For example:** Think of someone that you know and have enormous respect for, notice your physical, mental and emotional “state”. Now think of someone you know that you do not respect at all and notice your state. Now think of someone that you do not know at all and do not know anything about and notice your state.

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The answers may vary a little from person to person, but generally when we think of the person that we do not know we have a “proper etiquette” respect for them, the minimal norm if you will and the state is in between indifference and caring, neither receptive nor closed. In the case of the person we know and do not respect our state is not opened or caring towards them, we reject them. In the case of the person that we know and respect we are open, receptive, attentive and caring towards there every word and action. This is a much different state than the previous two! This is the state that makes a good student, because they are open, receptive, attentive, caring and accepting, but with one exception. What is the reason that you have respect for one person that you know and no respect for another person that you know and indifferent to a person that you do not know in the first place? Identification. You personally identify yourself, your thoughts and experiences to the person. That is the exception to respect in regards to your teacher.

In order to explain why that is not required I have to explain further spiritually. The beginning of the spiritual journey starts in discovering your self, therefore your identity. By identity I mean beyond the name on your birth certificate. If you ever try to write about yourself, whether professionally or personally, you will see that it is not always so easy to identify your self. It is a personal development exercise in its own and surprisingly much can be learned about your self from doing such an exercise. Discovering who you are has many progressive levels, after searching for so long eventually you find your self, once you have reached a certain level you start to progress into the next phase which consists of disidentifying your self and identifying to the path.

Understand it this way - The “i” in identify is discovery through the ego self which eventually leads to discovery of the Higher self where you progressively “dis-identify” from the ego and identify with your Source of being, True Identity with a capital “I”. True identity is being one with the Source and knowing that we are all one. It does not matter what path you take or how long it takes to arrive at this destination, but only that you arrive. That is why Masters often do not answer personal questions; it does not matter what their little “i” has been through or where it is from, but only what their capital “I” has to transmit for you.

The reason that you where previously able to experience different states of respect, is because you where viewing the world through the lens of the little “i”, the one that has self proclaimed opinions and identifies with people, places and situations. So when the Master does not answer your questions and asks that you have respect, at first you may be frustrated, but if you listen you may then interpret it as having respect towards him or her, which is ok as it puts you in an

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open and receptive state, from this point progressively you discover what is really meant is to respect your self. It is all about you and your experiences. When you “respect” your self you will discover your spirituality and you will also be open to receiving guidance, even if you are unconscious of that fact at first, that is what leads you to your teacher. Everything in life happens for a reason. For many this may be difficult to understand, an experienced teacher knows this and is tolerant of your frustrations and is compassionate to your situation and works to finding the right way to help you understand, but essentially you must be open, attentive and willing to practice.

We are all one whatever way you look at it. Disrespecting your teacher is disrespecting yourself and disrespecting yourself is disrespecting your spirituality and your Source of being, it is a denial of the whole process of life and that which lead you to your teacher in the first place. Light and Love heals us. Light illuminates the path and Love is the path. Expressing gratitude at every step of the way is important; gratitude is acknowledgment of the process and everything therein.

From this some people wonder how Reiki is different than their current religious or spiritual beliefs. With religion, in many cases the person is required to adhere to a specific theory in order to go up in the hierarchy. Reiki is many things, the first step is being open and accepting the attunement to receive this particular energy, then it is different in the sense that Reiki is about doing, you learn what to do physically to work with that energy to heal and more specifically hands on healing. Rationalizing and understanding the experiences and the process comes after, that is a personal journey for each individual to discover.

I know that for many this still does not provide the answers they are looking for to convince them of anything. It requires a certain amount of life experience to open to this, life experience is not necessarily in accord with a person's age, each person will open when they are ready, trying to force the process only delays it, it is a natural process therefore no force is required and when the person is ready many paths will present themselves to them and the person simple needs to choose to allow themselves to be guided to one. My only wish is simply that you “respect” and find your self in this process.

I am open to assisting in studies and research and that you share your findings with me, I am always open to questions and will answer to the best of my ability.

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## **Dominic Audet – Reiki Master**

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