

# How does God feel about Reiki?

By Heiné de Waal – 24 July 2014

A Reiki practitioner recently asked me for some guidance on how to handle a situation with regard to a client who cancelled her session, stating the reason being a religious preacher's warning against Reiki.

Being a Reiki practitioner since 1997 and teaching since 2002 it has become a way of living. I do not even think about such issues and I am fortunate that these types of incidents do not happen to me anymore. Perhaps it is due to the evolution of my own beliefs and what I attract as a result of that shift. I think we essentially need these challenges to grow and evolve in our own spirituality. It tests our commitment to our personal beliefs and if we are living it. When someone feels unsure of their own beliefs, the Universe will present opportunities to bring it into balance.

My advice to this practitioner was to follow one of two options.

One is to just let it be and allow that person the space to discover in time what Reiki really is...or not.

The second option could be to engage in a conversation and challenge the person on their irrational beliefs. I would only suggest this option if one has an established relationship with that person or want to build a relationship with good intent and connection. Potential questions to ask then are:

- Does your belief about Reiki help you or hinder you over the long run?
- Is your belief about Reiki consistent with known facts and reality?
- Is your belief about Reiki flexible and un-rigid?
- What are you preventing yourself from doing if you have this belief about Reiki?
- How awful can it really be to experience Reiki?
- Is there a possibility that you are kidding yourself with this belief about Reiki?

Some religious people seem to fear Reiki. The reason is purely due to irrational beliefs about healing techniques that originate from the East. Reiki is not a religion. It is an ancient Japanese healing art.

Religion promotes a God "outside" of us whom we need to love and obey. He will judge and punish us with going to Hell if we do not operate within its rules. How can we love and fear someone at the same time? How can we trust a belief system that rules from a foundation of fear? No wonder so many religious people fear death. They apparently doubt what will happen to them when they die. Religion is ego-based and creates an excellent platform for

many irrational beliefs. It also creates a wonderful medium to use for hiding from our own issues. Just blame the devil for any mishaps.

I do not really believe in a God as an entity due to the confusion of many definitions. I do believe in a Source or Consciousness that is connecting everything in this Universe. Some people choose to call this concept God. This energy can also be called Love - Unconditional Love.

An external God is not able to give us spirituality. Spirituality is a personal experience. We need to connect with the God/Consciousness within to experience true spirituality. How do we define Spirituality?

Spirituality is about developing self awareness, accepting reality as it happens and lovingly connecting with our environment and other life forms. In a way it is about becoming the observer of life. To quote Bruce D. Schneider: *"Consciousness is the process of awareness and the awareness of the process."*

A huge part of what defines us as being spiritual is our behaviour. We do things either with love or as a result of fear. Behaviour due to fear is of lower vibration and makes the body sick. Behaviour from a point of love and pure intention will elevate the vibration of the body and we will be healthier, we will age slower and attract a life of joy and abundance.

"Unspiritual" behaviour can be due to the fear of being out of control, fear of change or fear of not being liked. Interacting with people with a pure intention defines a spiritual behaviour and will have a great chance to a win-win outcome.

The behaviour most seen at the moment in the world is a fear-based behaviour, which is (sadly) modelled to our children who adopt this and carry this through into their future. For the world to change, we need courageous people to change this behaviour. We cannot expect governments to change the world; they are merely an extension of the population. There is a dynamic relationship between our thoughts, feelings and behaviour. What we think will affect how we feel and how we behave. By changing our thoughts, we change our behaviour and therefore we change how we interact with the world. This manifests as a different experience of the world. If this is in a positive way, we will change and become of higher vibration. A higher vibration will attract positive experiences that are good for us.

To quote Byron Katie, *"God is reality. Why? Because reality rules"*. Reality is God/Consciousness showing up in our lives, to guide and support us. When Reiki shows up in your life it could be God/Consciousness bringing you an opportunity to grow or find your balance again.

Reiki is not just hands-on healing; it also is a way of living. The Usui system of natural healing consisted of 5 elements; the initiation (reiju) process, the symbols with mantras (shirushi & jumon), breathing & meditation techniques (kokyuho), palm healing (tenohira) and the 5 Reiki principles (gokai). It provides tools that can help people to increase their level of awareness, hence helping each person to develop their spirituality. The Reiki principles read as follows:

*For today only,*

*do not anger*

*do not worry*

*be humble/grateful*

*be honest in your work*

*be compassionate to others and yourself.*

Reiki has played a very prominent role in my life. I had an "incurable" auto-immune disease and Reiki helped me to heal completely, hence the reason I became a practitioner and teacher. Since then, I have seen many transformations in people's lives due to Reiki and how magical it can be. Reiki helps us to connect to our original source and creates balance again.

Reiki gives me purpose, gratitude, love, joy, inspiration and excitement. Reiki also reminds me to practice (do) my spirituality with intention. Reiki brings balance in my life. I would say if God was a person with a good sense of reason, then "he" would have been very impressed with Reiki. I just love Reiki and I am sure God does too!