

# Reiki and Counseling

By Heiné de Waal – 30 January 2011

The ancient Japanese art of healing called Reiki, has always been my main passion when it comes to healing modalities. Through the process of dealing with a severe personal illness and working with Reiki, I have learned valuable lessons and as a result gained understanding and empathy for other people's pain and suffering.

As a Reiki Master and qualified counsellor, I am skilled to combine these specific two modalities and help people in times of distress. The combination of these two techniques proves to be highly effective, because we deal with the matter on both a conscious level as well as a deeper subconscious level.

## **Reiki**

A typical Reiki session consists of the practitioner placing the hands on, or just above, the body of the client in a series of positions, mostly on areas of pain. The hands are positioned over the chakras, especially those that are blocked, over- or under-active. The energy flows through the hands of the practitioner into the body of the client, thus helping to balance, align and detoxify the client's body so that healing can occur. Through this process I can, at times, access information about underlying issues and mental blockages that can then be reflected to the client.

## **Counselling**

Counselling is the provision of assistance and guidance in resolving personal, social or psychological problems or difficulties. This is a form of assistance that is offered on the basis of understanding, caring and empathy.

For people to heal they need to change and unfortunately this does not happen over night. Change is a process of transformation. The purpose of counselling is to allow the client to discuss their problems with an objective and empathetic listener, and to gain perspective. It also offers them the chance to receive constructive guidance and advice. It is important to realise that the counsellor is there to guide and not to tell what to do. The counsellor will listen and suggest, rather than prescribe. Ultimately I will endeavour to empower the client to solve their own problems and gain learning and understanding from it. This process facilitates transformation, the starting point for healing.

I have a special interest in Relationship counselling and therefore focus on the life lessons to learn through relationships. My approach is spiritual, always trying to see the bigger picture. There is a Divine plan in action for each one of us and life can be so much easier if we only let that unfold and not trying to push certain issues from our ego's perspective.

### **People in Crises**

Every crisis presents an opportunity to learn and grow.

As a counsellor, I will guide the client towards experiencing life and their problems within the spiritual framework of their life purpose. This involves seeing our lives as a journey of spiritual growth. Trauma and crises are a means of teaching and learning, and I will assist people to perhaps see the "lesson" in a particular crises. Reiki can be a very powerful tool to assist people in crises and make this journey less painful.

### **People in Relationships**

We are in so many relationships at any given time. Some are romantic, some are friendship, some are parental, some are colleagues and some are just impersonal. People come and go in our lives and the dynamics of the relationships keep on changing. Not all relationships are happy or functional, but we need relationships in order to grow spiritually. By avoiding relationships we deny ourselves the opportunity to grow. Intimate relationships awaken our frightened parts. It sometimes seems easier to just walk away from a relationship, but ultimately we can't walk away from ourselves. To grow spiritually we need to embrace our loving parts and not run away from our frightened parts.

### **HIV**

The majority of counselling currently being offered in South Africa are for the masses and there is an acute need for more personalized counselling. Many people feel they deserve a unique and special attention to their condition. I work in assistance with a Cognitive Behavioural Coach.

At Solaris Health we offer this service to those people. We work with partners in serodiscordant relationships and family members as well.

## **Reiki and Counselling**

Reiki provides wonderful assistance to any form of psychotherapy. If someone is already in therapy, Reiki can help to speed-up this process and cement the shifts made through counselling. Reiki will not interfere with any medication or processing.

I have helped many people through really tough times and feel blessed that I was able to do so with the help of Reiki. Reiki can be a gift to everyone who is interested to make use of it.