



Reiki eZine by Taggart King

[Liberate Your Reiki!] Do You Have to Believe in Reiki for it to Work?

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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Do You Have to Believe in Reiki for it to Work?



An issue that has come up a few times is whether you need to believe in Reiki for it work for you: whether you need to have 'faith' before you'll experience positive changes through either learning Reiki or having a series of Reiki treatments.

In this blog I'd just like to explore this issue a little.

Reiki is not faith healing

The word faith is often used to describe a person's belief in a particular religion, where an adherent has faith in a deity or deities. So the first thing to say is that Reiki is not allied to any religion at all and so does not require a practitioner to take on board any sort of religious beliefs or accept the existence, or pledge allegiance to, any deity or deities. Reiki is religion-free and so should be acceptable to people of all, or no, religious persuasions.

Having said that, there are people out there who believe that even innocuous things like foot massage are the work of the devil, and obviously for such people something like Reiki will definitely be verboten, but it is true to say that for most followers of a religion, Reiki should be ok. I have chatted with a Roman Catholic priest and a Muslim who practise Reiki, for example.

The sceptical partner

So having established that Reiki does not require any sort of *religious* faith... what about having faith, or a strong belief, that Reiki as a practice is effective? Do you need to hold that belief before Reiki will do anything good for you?

No.

And a good example of this is the endless stream of sceptical, hostile or amused partners of new Reiki practitioners, who I hear about regularly from students who follow my [Reiki home study courses](#). These are people who are indifferent to Reiki, or who think it is one big joke or a load of nonsense, but who are prepared to be volunteers for their 'deluded' partners to practise on, just to humour them. I find that such people are often the best people for a new Reiki person to practise on because they will often be amazed by the effects that they are experiencing, and some of them will even be honest enough to admit that they were wrong and that there is actually something to this Reiki thing!

Not all sceptical Reiki volunteers will admit this, of course, but you can tell in other ways: they may comment that their painful shoulder has stopped hurting, though they would definitely not attribute this effect to the Reiki treatment they had the day before, or they might stop limping from the sports injury that was affecting them, or they might start sleeping more soundly, even though nothing else has changed in their life.

And the most telling response amongs those sceptics is for them to ask if they can have some more Reiki treatments! This happens a lot.

So in these cases, the recipient has no belief in Reiki as a therapeutic method. They are expecting to feel nothing and to have nothing beneficial happen to them. And yet it does. Reiki's positive effects in their lives did not depend on their belief in Reiki.

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