



Reiki eZine by Taggart King

[Liberate Your Reiki!] Reiki, Spiritual Healing and Christian Prayer

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Reiki, Spiritual Healing and Christian Prayer



Someone the other day asked me how to explain the difference between Reiki healing, Spiritual healing, and Christian prayer, and whether there was actually a difference between any of these things. So this is what I came up with.

Christian prayer

Christian prayer of course depends on a belief in the Christian God, and involves an individual making a request to that deity to intercede in some way in the life of another person, whether that be to eliminate a disease or symptoms or make some improvement in the life of the intended recipient. There will be no thought of an 'energy' providing the mechanism behind such changes, and the person offering up the prayer is essentially powerless in the situation, unable to influence the outcome beyond asking or pleading with the deity to intercede.

So there are important differences when compared to Reiki.

The practice of Reiki does not depend on a belief in any deity or pantheon and does not require any sort of religious or spiritual beliefs, so it should be acceptable to people of any, or no, religion. And because there are no Gods in Reiki, there is no-one there to ask for help in a particular situation. That's not to say that some Reiki practitioners don't bring their personal spiritual or religious beliefs into their practice, though, so it wouldn't be unheard of for a Christian, say, to practise Reiki, or practise their Reiki healing, in the name of Jesus Christ, and some Reiki practitioners might call on the 'Ascended Masters' or Spirit Guides when treating or attuning someone, but that is their personal choice and is not something that is an essential, or necessary, part of the system.

The Reiki practice that comes closest to Christian prayer would be distant healing, I suppose, where one sits quietly, perhaps clasping one's hands together, enters a gentle meditative state, and allows the energy to flow to the recipient. We are neutral in the process, of course, not 'pushing' for a particular end result, just allowing the energy to do what it does, and we tend to have in mind that the healing is for the 'highest good' of the recipient.

But Reiki practitioners do not necessarily frame that 'highest good' in terms of a deity that decides what is right for the recipient: we are merely framing the energy transmission in such a way that we are not pushing the recipient to receive a particular result, or even receive or benefit from the energy: we are 'offering it up' for the recipient to receive or not receive, as is appropriate. And as to who or what determines what is appropriate for the individual... that is left vague.

So the ways in which Reiki is not the same as Christian prayer boil down to our not requesting a particular end result (we stay neutral and offer up the energy when practising distant healing, certainly) and in not requiring the existence or intervention of some deity in the process.

Spiritual healing

To the casual onlooker, Reiki healing would appear to be much the same as Spiritual Healing, where energy is channelled from a higher source, through your hands, into the recipient. But there are some major differences, and that is what I want to describe here. Spiritual Healing and Reiki are not the same. In the end I see all forms of energy healing as working with the same sort of stuff, so the differences are in how you connect to the energy and what you do with it when you're connected. I am in no way an expert on spiritual healing in all its forms, but from my point of view the differences between spiritual healing and Reiki are as follows:

- Origins
- Ways of connecting to the energy
- Beliefs
- Ways of treating
- Self-treatments
- The use of Symbols

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