

REIKI, a natural way of healing and magic

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When I became a witch, almost a decade ago, I decided that I needed to learn a healing technique because I think a witch needs to be able to heal people. Fortunately I suffered from headaches at that time and a friend offered to treat me with Reiki. He laid his hands on my head and within fifteen minutes my pain was gone. After a couple of treatments my headaches were completely gone (except an occasional hangover). I started to read about Reiki and it turned out to be healing method, which was easy to learn and could be used for lots of purposes. Now I am a Reiki master who has passed the technique on to almost a 100 people and has written a coursebook and I still discover new ways of using Reiki for healing and magic.

Reiki is a healing method, which is developed in Japan at the end of the 19th century by Mikao Usui and is therefore also called the "Usui system of Natural Healing". Although Reiki has its roots in Buddhism it can be employed within the logic of most religions without conflict. The German Reiki master Walter Lübeck combines Reiki with Shamanism and one of the best books about Reiki is written by Diane Stein, an American witch. The only condition to be able to learn Reiki is the belief in an universal life energy, which permeates all living beings and that, can be employed by all living beings.



Mikao Usui

The best thing about Reiki is that is very easy to learn and use and yet can be utilised in a wide range of ways. The theory behind Reiki is minimal. Reiki as a life energy flows through all living beings and giving someone a treatment with this energy will have a strong healing and balancing effect on the patient. You can simply do this by folding your hands together, in your mind stating your intention to give the patient Reiki and then laying your hands on his or her body. Reiki will automatically do the rest. It's as simple as that. Everybody can do this after an initiation by a Reiki master because that is the way Reiki is learned. A Reiki course consists of some practical explaining followed by an initiation ceremony that opens the energy channels in your body and (re)connects them to the Reiki energy. After that, you can work with Reiki to heal yourself and others by simply laying on your hands. After this first degree initiation in Reiki you can have a second or even a third degree initiation which will enlarge your possibilities with Reiki. On a second degree course you will learn three symbols and mantra's which will enable you to treat someone with Reiki on a distance or even in the past or future. The symbols will also give you the possibility to enlarge the healing power of Reiki and to direct it to the physical, mental or emotional plane of the patient. In this way you can work on specific aspects of the illness or problem. The third degree initiation will give you the tools to share Reiki with others by learning them to work with Reiki themselves.

Healing with Reiki is very simple. You just put your hands on the patient (or use the symbol for working on a distance), connect yourself to the Reiki energy and let it flow through your hands. This basic technique can be combined and strengthened with the use of gemstones, massage, colours, sound or whatever energetic or hands-on healing method you're trained in.

But there is more; Reiki can also be used for magic. It is a strong energy, which can be used to charge candles, talismans, stones or other objects for many purposes in a safe way. As a life supporting and healing energy Reiki will always resort to beneficial effects and will never do harm. This makes it especially useful for experimenting inexperienced witches as I was when I started out. I found out that whenever I used Reiki with magic and it didn't work, there was something wrong with my intentions or ethics. I am more experienced now, but I still find this built-in 'safety pin' very useful. Another advantage of using Reiki in magic is the strength of the Reiki energy. Raising lots of power for magic while working in a coven is one thing, but doing this on your own is a lot more difficult. When working with Reiki I always have plenty of energy available for any purpose. I find Reiki comes in very handy in solo rituals and I use it regularly.



The last advantage of Reiki I will discuss in this article is the use of self-treatment as meditation to prepare yourself for ritual or divination. Treating yourself with Reiki is simple done by putting your hands on your stomach or upper legs and letting the energy flow. This will have a strong relaxing and meditative effect on you. If you are a second or third degree Reiki initiate you will also visualise the symbols and repeat the mantras which will make the meditation even stronger. I find it a good way to properly prepare myself. By giving myself a Reiki treatment I do not only get very relaxed but I also connect myself to the flow of life-energy. Both things enhance the power and results of my magic.

When I started out with Reiki I thought it to be a mere healing technique, but I found out that it was a major help for me in all aspects of my craft as a starting solo witch. Now, as a more experienced Wiccan, I still consider it as one of my most valuable and loved tools. In witchcraft and in life.

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