

Reiki & Energy Healing



Amanda Buys' Spiritual Covering

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¹ Meaning: The ANOINTED one

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Part 1



Energy Healing & Christians: Reiki vs Emotion Code²

Many Christians have asked me if The Emotion Code is the same thing as Reiki. The next question usually is this:

“Is Energy Healing safe for Christians?”

“What is Energy Healing”?

In order to answer the questions about Energy Healing, we will briefly delve into the history of Western Medicine and then take a look at the promising field of Biofield Science and Healing.

Intro to Reiki vs Emotion Code

There are indeed similarities between the two, since both deal with “energy medicine”, but there are vast differences when it comes to spiritual matters.

According to the International Center for Reiki Training, there are over 30 different kinds of Reiki “with more being channeled all the time.”

<https://www.reiki.org/articles/many-kinds-reiki>

The comparisons given below show the differences between Emotion Code and Reiki. In order to help the reader to easily see differences between the two, the style selected for comparison is the style of Reiki founded by Dr. Usi in 1922. This is likely the most known and popular “style”.

<https://www.reiki.org/faqs/what-history-reiki>

The information in the comparisons below are direct quotes from the respective websites. References to the websites where information was collected are provided below. The information has been presented in this manner for the reader to quickly see how these two modalities differ.

| Reiki vs Emotion Code - Origins | |
|---|---|
| Reiki | Emotion Code (using muscle testing) |
| Country of Origin: Japan | Country of Origin: USA |
| 1. How it came to be: As a certain Buddhist monk, he had a “spiritual awakening” after a 21 day fast. | How it came to be: As a Chiropractor on behalf of his patients, he prayed to God the Father for wisdom in the name of Jesus Christ. |

² **This information / section** has been edited and revised from information by Doris Morissette, D. PSc, CECF, retired nurse ([Doris Morissette](#)). We thank her for her contribution!

Reiki vs Emotion Code - Training

| Reiki | Emotion Code (using muscle testing) |
|--|---|
| <p>2. How is knowledge/training passed on?</p> <p>Reiki is not taught in the way that other healing techniques are taught. It is transferred to the student by the Reiki Master during an attunement process.</p> | <p>How is knowledge/training passed on?</p> <p>Through an online course taught by Dr. Bradley Nelson.</p> |
| <p>3. What does this training entail?</p> <p>Each of 3 levels requires an “attunement” which is done in a sacred ceremony by a Reiki Master using Japanese symbols of Reiki energy each representing a different aspect of Reiki energy. In level one those symbols represent power, mental/emotional balance and distance healing. The attunements for Reiki level 2 and Reiki master are similar in nature but involve different symbols.</p> | <p>What does this training entail?</p> <p>Watching training videos on how to use the chart of emotions, and then practicing on willing volunteers with subsequent submission of results for assessment of proficiency. Satisfactory performance may lead to certification.</p> |
| <p>4. Purpose of “attunement”</p> <p>To open up the student’s energy system to allow him/her to “channel” energy more efficiently.</p> | <p>Purpose of going through certification process</p> <p>To demonstrate that you are proficient in the skill of applying this method and can apply the principles as taught.</p> |

Reiki vs Emotion Code - Prayer

| Reiki | Emotion Code |
|--|--|
| <p>5. Practitioner encouraged to pray to ascended masters, Buddha, Krishna, angels or spirit guides or to the Reiki energy itself.</p> | <p>Dr. Bradley Nelson prays to God silently before the session begins for wisdom and encourages the trainee to also follow his example. (The trainee is allowed to pray as he/she is comfortable.)</p> |

Reiki vs Emotion Code - What to expect in a Session

| Reiki | Emotion Code |
|--|--|
| <p>6. The spiritual healing art of Reiki works by channeling positive energy into your body, with Reiki masters and practitioners typically placing their hands on the affected areas of the body that need a boost. Your body takes in the energy where most needed.</p> <p>7. Please note that during a Reiki session, most practitioners aren’t using any of their own personal energy but are channeling only Reiki energy.</p> <p>8. At your option, Reiki may be done with a light gentle pressure static touch or the practitioner’s hands may be a few inches/centimeters above your body at the hand positions with no actual touch. Like a massage therapy session, you will be fully clothed. Usually a session is done without talking and the practitioner may have soft ambient music playing in the background to aid in your relaxation.</p> | <p>We recognize God and ask for his help. Then we muscle test to identify the trapped emotion using the Chart of Emotions. Next, we ask if anything else needs to be discovered before releasing the emotion. If the answer is yes, we get more details about what happened when the emotion was trapped, like the age of the person at the time, if the emotion was absorbed, inherited or their own, and what the event was, etc.</p> <p>If nothing else needs to be discovered we release the emotion by swiping along the Governing Meridian with a magnet *3 times, unless it is an inherited emotion. In that case, we swipe 10 times. We always check to confirm that the energy is gone afterwards.</p> <p>Please note:</p> <ul style="list-style-type: none"> i) Only yes and no questions are asked of the subconscious mind. ii) You will be fully dressed and sitting comfortably in a chair. |

Christian comments regarding Reiki

Reiki practitioners say that the laying on of hands like Jesus did and imparting energy makes it safe for Christians.

But, is that the truth?

Indeed, Reiki practitioners feel strongly about this. After declining an offer to receive a Reiki session,

I was told: “Fascinating you are not comfortable with laying on of hands as Jesus called it?”

But after seeing the comparisons above, a Christian may certainly have qualms about Reiki. Especially when you see the word “channeling”.

What does channeling mean?

According to the online dictionary called Lexio “channeling” is defined as: serving as a medium for a spirit.

<https://www.lexico.com/en/definition/channel>



So what is the problem with consulting with mediums or spirits?

There are at least ten scriptures between the New and Old Testament scriptures that warn against consulting a medium.

What does scripture say about laying on of hands?

1 Timothy 5:22 *“Do not lay hands on anyone **hastily**, nor share in other people’s sins; keep yourself pure.”*

Although Reiki appears good, it has some troubling aspects to it.

Christian comments regarding Emotion Code

1. One common negative comment about the practice is the use of a magnet. The magnet acts to erase the emotion.

Whilst Dr. Bradley Nelson advocated the use of a magnet at the beginning, he no longer advocates that. He says that the body has its own electromagnetic field and that is enough to “erase” the emotions using the electromagnetic field of your hand. Doing this can be likened to when you erase the hotel room key memory using a magnet.

2. Did your eyebrows just go up? At the thought of “erasing” an emotion? How is that possible?

Perhaps because emotions have frequencies.

You see, “All emotions are energy and have a vibrational frequency” wrote Shawna Freshwater, PhD in her article called Understanding Emotions.

<https://spacioustherapy.com/understanding-emotions/>

To give another example of the validity of emotions having frequencies, you only have to read

David Hawkins. MD,PhD, Power vs Force. He gives proof that emotions have measurable energy.

3. Did you notice that the source of the information is the subconscious mind of the client? This is a direct connection between the energy field of the practitioner and the client. There is no other source of information.
4. God can be glorified here as the practitioner is encouraged to pray to God for wisdom.
5. Does Emotion Code bring glory to God? Yes, it can since the wisdom to put The Emotion Code together originated in a prayer to God for wisdom. The Emotion Code is simply a chart. Just a simple tool.

How do we decide what is Acceptable?

We have been conditioned to judge a matter by what we can see, feel and measure. Even Jesus told us to judge a tree by its fruit. That is something we can see, feel and measure. We describe these things through a branch of physics called Newtonian.

- ◆ But what about very small objects, high-speed objects and mysterious things ancient cultures called energy fields, chakras and auras and energy healing?
- ◆ Do these really exist?
- ◆ How do we measure these?
- ◆ Not using Newtonian physics. That requires a different branch of physics which we call Quantum Physics.
- ◆ We rely on the findings of Quantum Physics to explain these mysterious things that were accepted by ancient civilizations.
- ◆ It is only recently that scientific testing can begin to validate ancient wisdom.
- ◆ Can we use science to validate the claims of energy healing?

We will examine that subject next.

- 1) Origin: <https://iarp.org/history-of-reiki/>
- 2) How taught: <https://www.reiki.org/faqs/learning-reiki>
- 3) <https://www.centreofexcellence.com/reiki-attunement-process-purpose/>
- 4) <https://www.reikiclasses.com/blog/reiki-sacred-or-secret/>
- 5) Spirit guides: <https://www.reiki.org/articles/strengthen-your-reiki-energy>
- 6) <https://iarp.org/how-does-reiki-work/>
- 7) <https://www.reiki.org/articles/maintaining-clear-channel>
- 8) <https://iarp.org/reiki-sessions-what-to-expect/>
- 9) <http://www.drbradleynelson.com/five-things-you-should-know-to-use-the-emotion-code-correctly/>

Why is Energy Healing Not Part of Western Medicine?

- ◆ How did it come to be that all things Western Medicine became the measuring stick to which everything else was compared?
- ◆ Subsequently, how did it come to pass that ancient wisdom became seen as suspect?

It was not always this way.

Up until about 1900, the norm was Naturopathic-based medicine. Chiropractic was popular among the people. These approaches focused on prevention and health.

But the tide soon shifted in favor of disease management, symptom suppression so that “allopathic” medicine became the measuring stick from which all matters of health are measured.

How did this happen?

- (1) It came as a result of Abraham Flexner. He was hired by the Rockefeller Institute for Medical Research.

<https://www.kindredmedia.org/2016/03/how-the-oil-industry-conquered-medicine-finance-and-agriculture/>

(2) Flexner favored the medical schools which supported the use of pharmaceutical medicine and “science-based medicine”. These types of schools were then heavily funded by the Rockefellers who made their fortunes in oil and by the Carnegie Foundation who later invested in pharmaceutical companies.

Flexner report 100 years later: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3178858/>

(3) About half the medical schools already in existence before this Flexner Report was published, were then closed as a result of the report. The face of medicine radically shifted as a result of the Flexner Report.

Flexner A. Medical Education in the United States and Canada: A Report to the Carnegie Foundation for the Advancement of Teaching; Bulletin No. 4. New York: Carnegie Foundation for the Advancement of Teaching; 1910.

(4) They say money talks. As a result of this Report, all forms of medical treatments other than allopathic were labelled as “un-scientific” by the now-favored “allopathic” medicine. In fact, it was Flexner who called chiropractors “quacks”.

<https://www.arizonaadvancedmedicine.com/services/energy-medic>

(5) This is why energy medicine as a viable treatment method fell by the wayside. Anything outside what it could measure and classify was deleted. Therefore, anything to do with electromagnetic therapies was declared unscientific and removed from the accepted schools.

Blessed With Energy, The Mystery of Energy Medicine Explained Through Science & Scripture by Macy Meyers

Comments regarding Reiki

Reiki practitioners say that the laying on of hands like Jesus did and imparting energy makes it safe for Christians. But, is that the truth?

Indeed, Reiki practitioners feel strongly about this. After declining an offer to receive a Reiki session, I was told: “Fascinating you are not comfortable with the laying on of hands as Jesus called it?”

Here we see a good example of deceit where partial truth is mixed with falsehood.

Let us examine why that is so.

- ◆ Yes, Jesus laid hands on people.
- ◆ That part is correct, however, there was no channeling involved.
- ◆ To clarify the meaning of “channeling”, we will look at the online dictionary called Lexie to find the definition. “Channeling” is defined as serving as a medium for a spirit. 13.
- ◆ Channeling (which Reiki practitioners do) is defined as consulting with spirits. There are at least ten scriptures between the New and Old Testament scriptures that warn against consulting a medium.

- ◆ Channeling does not line up with scripture.

Although the laying on of hands is seen in scripture, there is a caution associated with that practice. It says:

1 Timothy 5:22 *“Do not lay hands on anyone **hastily**, nor share in other people’s sins; keep yourself pure.”*

Although Reiki is made to appear good, it has some troubling aspects to it.



Comments regarding Emotion Code

1. One common negative comment about the practice is the use of a magnet. The magnet acts to erase the emotion.
2. Whilst Dr. Bradley Nelson advocated the use of a magnet at the beginning, he no longer advocates that.

He says that the body has its own electromagnetic field and that is enough to “erase” the emotions using the electromagnetic field of your hand. Doing this can be likened to when you erase the hotel room key memory using a magnet.

3. Did your eyebrows just go up? At the thought of “erasing” an emotion? How is that possible?
4. Perhaps because emotions have frequencies.

You see, “All emotions are energy.... and have a vibrational frequency” wrote Shawna Freshwater, PhD in her article called Understanding Emotions.

To give another example of the validity of emotions having frequencies, you only have to read David Hawkins. MD, Ph.D., Power vs Force. He suggests that emotions have measurable energy.

5. Did you notice that the source of the information gained during an Emotion Code Session is directly from the subconscious mind of the client? This is a direct connection between the energy field of the practitioner and the client. There is no other source of information. It is a direct connection as there exists between two cell phones. The fact that there is a field of information is proven. 1. above
6. God can be glorified here as the practitioner is encouraged to pray to God for wisdom.
7. Does Emotion Code bring glory to God? Yes, it can since the wisdom to put The Emotion Code together originated in as a prayer to God for wisdom. The Emotion Code is simply a chart; just a simple tool.

Dr. Bradley Nelson continued to observe how other parts of the body could hold imbalances. Therefore, to the original chart of The Emotion Code, he added a whole body of charts which he called the Body Code. Body Code includes charts of body systems to help uncover the root cause of discomfort, sickness and suffering and so as to restore balance.

How do we decide what is Acceptable?

We have been conditioned to judge a matter by what we can see, feel, and measure. Even Jesus told us to judge a tree by its fruit. That is something we can see, feel, and measure. We describe these things through a branch of physics called Newtonian.

- ◆ But what about very small objects, high-speed objects and mysterious things ancient cultures called energy fields, chakras and auras, and energy healing?
- ◆ Things that are now in the category of Biofield Science.
- ◆ Do these really exist? How do we measure these? Not using Newtonian physics.



Reliable measurement and validation requires a different branch of physics which we call Quantum Physics. We rely on the findings through the field of Quantum Physics to explain these mysterious things which were accepted by ancient civilizations. It is only recently that scientific testing can begin to validate ancient wisdom.



Part 2



“What is a Christian Perspective on Reiki?”

<https://probe.org/what-is-a-christian-perspective-on-reiki/>

What is Reiki?

In the past twenty-five years there has been a huge increase in both the general acceptance and public availability of various types of alternative health therapies. Although some of these therapies may be beneficial, others do little good, and some are downright harmful. Under the broad umbrella of alternative medicine there are a variety of therapies that might loosely be referred to as “energy medicine”.

Energy medicine is a broad field covering a variety of therapies from many parts of the world. While each is based on the existence of a nonphysical energy pervading the universe, the nature of the energy, the form of therapies, and how healing is believed to take place varies from culture to culture.

This energy is variously referred to as *prana* in India, *chi* in China, and *ki* in Japan.

One form of energy medicine that has been growing in popularity is called *Reiki*. According to some, *rei* means “universal,” and *ki* means “life force energy.” But the International Center for Reiki Training goes further, declaring that “Rei” is more accurately understood to mean “supernatural knowledge or spiritual consciousness ... the wisdom that comes from God or the Higher Self.” Thus, according to the Center:

“it is the God-consciousness called Rei that guides the life force called Ki in the practice we call Reiki.”

Reiki was discovered, or perhaps rediscovered, by Dr. Mikao Usui during a mystical experience at a mountain retreat in early twentieth century Japan. Some claim it is the same method of healing used by both the Buddha and Jesus, although the records of this have been lost.

So how does Reiki work?

To put it generally, and somewhat simply, Reiki claims to work by removing obstructions to the free flow of life force energy throughout the body. Such obstructions, which arise through negative thoughts, actions, and feelings, are believed to be the fundamental cause of illness and disease. But “Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.” In this way, Reiki is believed to enhance physical, mental and emotional health.

In order to tap into this power and learn to channel Reiki one must first receive four attunements from a Reiki Master during a First Degree Reiki training session.

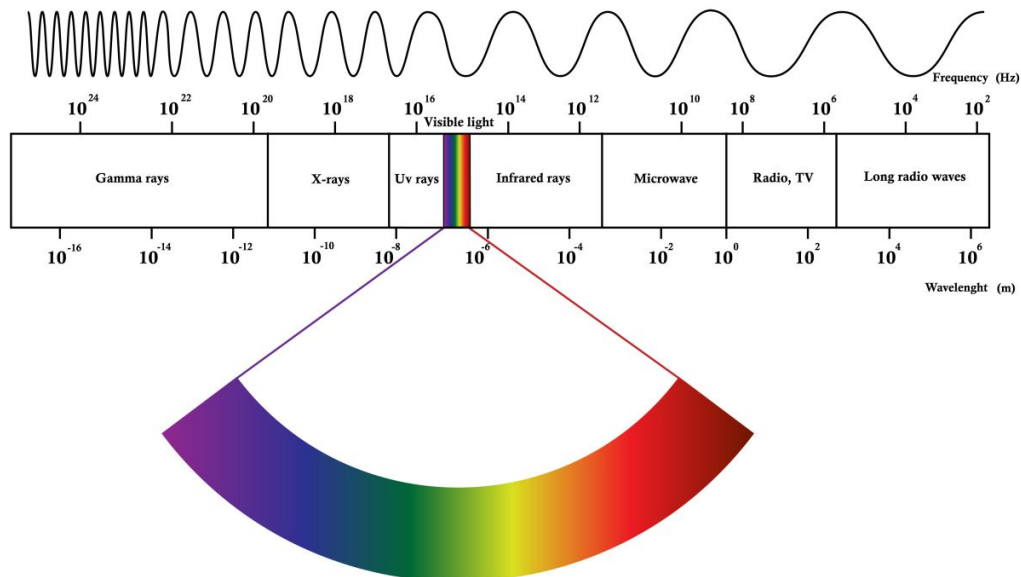
These attunements are alleged to open “subtle mental and physical energy systems” that prepare the recipient “to channel Universal Life Force Energy.”

Supposedly, this creates a permanent connection with Reiki, thus allowing the recipient to channel this energy for life.

At this point, some may be wondering if there is any scientific evidence that corroborates the existence of this energy. Let's look at the evidence.

Is there Scientific Support for Reiki?

In the nineteenth and twentieth centuries, some proponents of life force energy claimed it was a form of electromagnetic radiation (of which light and heat are familiar examples).



Of course, electromagnetic radiation is a real, physical phenomenon of the world in which we live.

But should it be identified with life force energy?

The answer is no, and today most of those who believe in such energy would say the same. After all, such energy is generally believed to be non-physical.

But electromagnetic radiation is a form of physical energy.

Still, many Reiki practitioners believe that good evidence supports the existence of life force energy. For example, the aura is said to be “a field of subtle life-force energy that surrounds the body of every living being.”

Those properly attuned to this energy often claim that they can feel a person's aura. A few even claim to see auras.

But it's one thing to make such a claim, quite another to demonstrate it under properly supervised conditions. In one study, ten people who claimed to see auras were tested against a control group of ten people who made no such claim.

“Four identical screens were placed in a room with volunteers who took turns standing behind one or another of them.”

Those who claimed to see auras believed that they could detect which screen the volunteer was standing behind. But out of 720 attempts, they only gave 185 correct answers — an accuracy rate consistent with guessing. The control group, however, gave 196 correct answers — eleven more than those who claimed to see auras! Apparently, not everyone who claims to see auras can actually demonstrate this claim.

But haven't auras been photographed?

One author claims, "*Kirlian photography ... enables us to ... photograph auras.*"



However, when such photographs are investigated by independent scientists, the images are seen to have a completely physical explanation. Also, Kirlian auras have been recorded for some things not usually believed to have a field of life force energy, like pennies and paper clips. Such evidence casts doubt on the claim that auras have been photographed.

Thus, if there is such a thing as life force energy, it has so far eluded the detection of scientists. Such energy may still exist, and science may one day verify as much. But for now, scientific support is lacking. Still, some argue that "the proof of whether a therapeutic procedure is effective rests not on the gathering of data alone but on the client's actual experience."

In other words, if Reiki works, such life force energy must exist!

What about Reiki's success?

For many people, the most powerful evidence of Reiki's effectiveness as an alternative health therapy are the testimonials of those who claim to have been personally helped by it. Consider what happened to Alex. He was in chronic pain due to a motorcycle accident that resulted in three crushed vertebrae. He attended a Reiki class, and after his first initiation was free of persistent pain!

How does one explain such a story ... does it prove that Reiki really works?

While it cannot be denied that there is abundant anecdotal evidence of Reiki's healing power, we must be very careful before we credit Reiki with relieving Alex's pain. "With the exception of unsubstantiated opinion, anecdotal evidence is the least useful ... evidence available to judge medical therapies."

This isn't just the opinion of conventional Western medicine. The National Center for Complementary and Alternative Medicine acknowledges that there is a "hierarchy in the different types of evidence for therapies, with anecdotal at the bottom."

Thus, anecdotal evidence counts for something, but it hardly proves that Reiki is an effective method of healing.

So how might we explain Alex's pain relief?

Although there are various possibilities, for the sake of time we will only mention two. First, we must honestly acknowledge that maybe Reiki was responsible for the elimination of Alex's pain. After all, it was immediately after receiving Reiki that Alex felt relief. However, it's crucial to recognize that there is another very sensible and well-documented explanation. Quite simply, Alex's pain relief may have been due to the "placebo effect."

"The placebo effect is the combination of factors that give therapies beneficial effects, but which are not caused by any direct physiological action."

A classic example is the sugar pill. In itself it can neither cure illness nor relieve pain. However, when given to a patient by a trusted, confident physician, who says it's just what the patient needs to recover from his or her ailments, it can be incredibly effective in relieving a wide variety of psychosomatic disorders. Since such disorders have a psychological or emotional (rather than physiological) cause, they can be relieved without directly treating the patient's body.

Many studies indicate that the placebo effect can account for a full third (or more) "of the improvements found with any therapy."

But can it explain Alex's sudden relief from pain?

Indeed it can. Pain can be treated very effectively with placebos.

Of course, some may argue that the really important thing is not so much why Alex was healed, but simply that he was healed! To some degree, I can sympathize with this argument. But it does have problems.

Should Christians be concerned about Reiki?

Most people, myself included, consider physical health to be good and valuable. All things being equal, it's better to be healthy than sick.

- ◆ But if this is so, then does it really matter how, or why, the sick are healed?
- ◆ Isn't the only important thing simply that they're healed?
- ◆ And how can anyone object to Reiki if it helps accomplish this?

These are important questions and they deserve a sympathetic response. But first, let's consider an important question.

Is physical health always preferable to sickness?

After all, most people consider such qualities as compassion, patience, courage, and love to be great and noble virtues.

But what if there were people who could only acquire such virtues through the pain and suffering brought on by physical illness?

So long as they're healthy, they will lack these virtues. But if they're sick, they will acquire them. Let me suggest that if you truly value these virtues, you might decide that it's better to be morally and spiritually healthy (though physically sick), than physically healthy alone.

Let's now return to our initial question.

Does it really matter if, how, and why Reiki works?

I think it does. Suppose there is no genuine power in Reiki. Suppose it "works" merely as a placebo. In that case, would you want to send a loved one to a Reiki practitioner to be treated for strep throat? Without proper treatment this would likely result in rheumatic fever, permanent heart disease, and maybe even death. Real antibiotics are needed; a placebo cannot cure this kind of infection.

Under circumstances such as these, I suspect that no one would want their loved ones treated by Reiki alone.

But now suppose that there is genuine power in Reiki.

- ◆ Is it not important to know where this power comes from and what it is?
- ◆ What if Reiki offers physical health only at the expense of spiritual health?
- ◆ Should Christians be concerned about this?

The International Center for Reiki Training describes Reiki as "spiritually guided life force energy."

After receiving the necessary attunements, a Reiki practitioner can channel this energy for life.

The Center describes the attunement process as "a powerful spiritual experience" that "is guided by the Rei or God-consciousness."

What's more, this experience "is also attended by Reiki guides and other spiritual beings who help implement the process."



- ◆ What are Christians to make of this?
- ◆ Should we be concerned about the nature of this attunement process?
- ◆ Exactly who, or what, are these Reiki spirit guides?
- ◆ Should we be cautious about becoming involved with these spirits?
- ◆ Or should we simply trust that they're doing God's work?
- ◆ After all, doesn't all healing come from God?

Does All Healing Come From God?

The International Center for Reiki Training declares that "Reiki comes from God."

But if we read the material on their Web site, we see that the Center advocates an Eastern or New Age view of “God.”

This view is radically different from that of the Bible. For example, the Center equates “God” with man’s Higher Self, thus blurring the distinction between God and humanity that is taught in the Bible.

Practically speaking, this difference between the God of the Bible and the “God” of Eastern or New Age philosophy means that adherents of these two systems are asserting something very different when they claim to have been healed by God.

The God of the Bible is a personal being, capable of miraculously healing people according to His Will (**Exodus 15:26**). Nevertheless, the Bible does not teach that all signs and wonders come from God. On the contrary, Jesus warned His disciples that in the last days there would be false Christs and false prophets who would show great signs and wonders (**Matthew 24:24**). In his second letter to the Thessalonians, the Apostle Paul linked such events to the power of Satan (**2 Thessalonians 2:9**).

But does Satan have the power to perform marvelous healings?

Indeed, it appears that he might. In **Revelation 13** we learn that after receiving power from Satan, the beast is healed of a near-fatal head wound (**vv. 2-3**). The context seems to imply that this amazing healing is the work of Satan.

From a Biblical perspective, this raises an important question about the healing power of Reiki.

Exactly where does this healing energy come from?

We’ve already seen that there is not convincing evidence to regard this energy as a physical phenomenon. Biblically, this seems to leave only two main options.

Either the energy comes from God, or it does not. Although the International Center for Reiki Training declares that “Reiki comes from God,” we’ve already seen that this cannot be the God of the Bible.

Is it possible, then, that the source of this energy is demonic?

As I mentioned previously, the ability to channel life force energy involves first going through an attunement process.

The Center claims that these attunements are attended “by Reiki guides and other spiritual beings who help implement the process.”

Is it possible that by involving themselves with spirit guides, Reiki practitioners may unwittingly be opening themselves, as well as their patients, to demonic influences?

Although it may not be possible to categorically affirm that the source of Reiki energy medicine is demonic, the Bible, in condemning all forms of spiritism, does seem to at least allow for this possibility (see **Leviticus 19:31**; **Leviticus 20:6**; **Deuteronomy 18:9-14**; **Acts 16:16-18**).

Therefore, it seems to me that Christians should take the wiser, safer, and probably even healthier course of action, and carefully avoid all involvement with Reiki energy medicine.



Practical Applications

My friend is a Christian who practices [Reiki](#) and thinks that it's the Holy Spirit working through her. She has a heart for healing and I don't want to discourage her from pursuing that or deny that the Spirit is at work in her. But I fear that these counterfeits are keeping her from realizing her true potential in Christ.

I guess I have two questions:

- i) how can I lovingly discuss with her what the Bible says about these practices, when she doesn't fully accept it as God's Word;*
- ii) and can you tell me more about Reiki from a Christian perspective?*

Thanks for your questions. It's terribly difficult to reason with someone from the Scriptures if they do not already accept their Divine authority.

If she's open to doing some reading in the area, you may want to encourage her to look into what conservative scholarship has said about the inspiration, authority, and inerrancy of Scripture.

*A **General Introduction to the Bible**, by Norman Geisler and William Nix is a fairly exhaustive treatment of the subject. Many books on Christian apologetics have chapters dealing with the trustworthiness of the Bible.*

*One book you may want to recommend is **I'm Glad You Asked**, by Ken Boa and Larry Moody. It is an excellent, beginner's level text in apologetics and has a chapter entitled, "How Accurate is the Bible?," which might prove helpful. Suffice it to say, until a Christian accepts the Bible as the inspired word of God, it is difficult to use it as the final authority for proper Christian belief and practice.*

Such a person can always claim that the texts they don't like are simply not inspired by God, etc. Thus, this is a critical issue to deal with.

Having said that, I think you are exactly right about your friend. There are very good grounds for rejecting Reiki if one is willing to listen to the Bible.

*In a book entitled **Basic Questions on Alternative Medicine**, a corporate project by members of the Center for Bioethics and Human Dignity (Grand Rapids, Michigan: Kregel Publications, 1988), there is a short chapter on Reiki (pp. 61-63).*

I will draw some information from that chapter. Although Reiki claims to be an "ancient healing practice that Buddha (and Jesus) used," all records of it were lost.

It was allegedly rediscovered by Mikao Usui, a Zen Buddhist monk, in the mid-1800s "during a psychic experience." Additionally, it is claimed that details about lost aspects of the practice have "been revealed through channeling."

Channeling is the New Age term for mediumship and involves contact with, and usually possession by, "spirit guides." The authors of this chapter state that a second-degree Reiki practitioner "learns about spirit guides and how to contact and use them in healing sessions."

*They further state that third degree Reiki masters give “complete control of healing sessions to their spirit guides.” Healing sessions appear to be based on the use of “life-energy” (i.e. **ki**, **chi**, or **prana**), which is sent from the practitioner into the patient’s body.*

The greatest concern would seem to be the identity of the “spirit guides.” Since they are typically contacted in ways expressly forbidden in Scripture, and since they advocate unbiblical ideas and practices, it is honestly quite difficult to view them as anything other than the biblical demons.

*The authors of this chapter conclude by stating: “Reiki is antithetical to Biblical Christianity. Channeling is a way of communicating with spirits to obtain information not otherwise accessible. It is denounced in the Bible as sorcery, mediumship, and spiritism (**Leviticus 19:26, Leviticus 31; Leviticus 20:6; Deuteronomy 18:9-1**).”*

It seems to me that Reiki has the potential to be spiritually harmful. I would pray for your friend and encourage her to give serious consideration to the Biblical warnings mentioned above.

I wish you all the best with your friend.

Shalom,
Michael Gleghorn
Probe Ministries
+ + + + +

A former Reiki master who has become a Christian wrote this testimony to Sue Bohlin

“Reiki is something that is very mis-stated, and misunderstood, by those outside of the Reiki circle. Having been in it, I can tell you everything you need to know. I will tell you right up front that it was a hard one to shake, that it was VERY real and beneficial, but that it is decidedly non-Christian.

I highly recommend anyone looking into it to just stop. Prayer is very powerful, and is our direct link to God through Christ. If we petition directly for healing, it may come. If we have faith that it WILL come, our chances are far better. As with anything we are to test, does Reiki point either the practitioner or the client to Christ? No. Big no. It uses a Universal energy that is non-personal and can be manipulated. You can pray to God, to the Earth Mother, to Mother/Father God, etc. But it in fact leads you AWAY from Christ.

It is all about what you FEEL in your hands, what you FEEL in your spirit, what the client FEELS in their body / emotions / spirit. In that regard it is very very real. My hands get hot, I hit a place of extreme peace and quiet, I heal people who feel a tingle or hot spot or whatever. Their headache, menstrual cramps, emotional distress, bruises, whatever, goes away.”

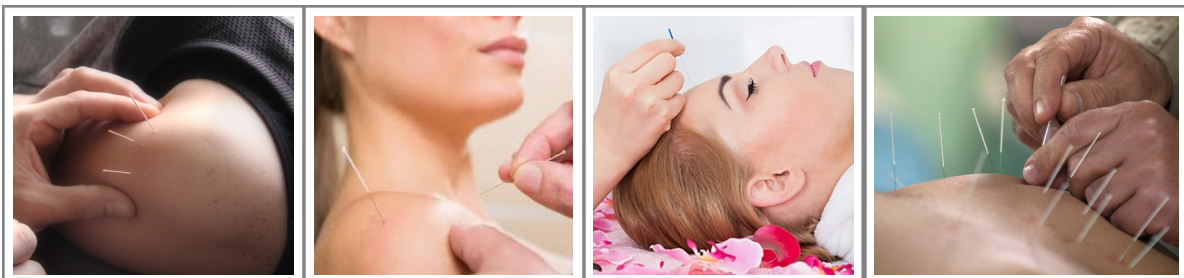
But is God glorified?

No way.

Is self glorified?

Yes.

“If it is so good and right, why do practitioners go on to other things once they hit Master level? The teacher who taught me was going on to accupuncture and other new Reiki teachings. Always something else, something new, something you NEED to be a true master.”



Sound familiar?

“It is like everything else in this world, but Christ. There is no lasting peace, no connection with the universe, there is a big void in your soul that is not going away. WE ALL NEED CHRIST!

I told my wife when she questioned my stopping in my search for peace once I found Christ (she had followed my years of searching through New Age theologies, etc) that Jesus Christ filled the hole. All the puzzle pieces fell into place and everything suddenly made sense.

For a long time after that I tried to make Reiki fit into Christianity but it didn't. I prayed a lot about it. God firmly and solidly showed me in Scripture how it couldn't work.

The two major things against it, regardless of how well it works, are:

- 1. It does not point anyone to Christ and in fact points people away from a single triune God, and*
- 2. It is no different than all the pagan rituals in the Old Testament that would have people pray to the rain god or fertility god, etc. They must have worked or people wouldn't have kept praying to them, and God's people wouldn't have been attracted to them. But either way it isn't what GOD has asked us to do. Everything we need is in Him. We can pray for any healing we need."*



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