

# SHOULD CATHOLICS USE REIKI HEALING

## The Truth About Reiki – A Warning to Catholics

In the past few years you have noticed a huge growth in the number of so-called New Age Healing Therapies and courses throughout the country, many of which are connected to the questionable Mind, Body & Spirit school of thought. Unfortunately, in most cases almost little or nothing is known about them.

In the case of Reiki Healing a great deal of concern has been expressed, in the form of enquiries and complaints which have warranted attention. In an effort to clarify the matter, a lengthy investigation was carried out at the request of a number of concerned priests. The following report uncovers the facts and truth behind this suspect therapy which claims among other things spiritual growth.

To the uninformed Reiki healing involves the placement of hands both on and near a person by a Reiki healer (practitioner). Treatments usually last about one hour and take place in silence with the client lying down fully clothed on a treatment table. A treatment session will involve the Reiki healer placing their hands in various positions on or very close to the client's body and then channeling the Reiki energy received through initiations through their body out of their hands, systematically treating twelve or more specific areas, ranging from the face (i.e. eyes, forehead and cheeks) temples, and third eye, base of the skull, throat, upper chest (heart), below the chest (solar plexus), abdomen, pelvis/groin, top of shoulders, shoulder blades, lower back, coccyx, knees and the feet. Several of these areas treated relate to mysterious chakras, (held to be psychic & energy centers), from which practitioners of Reiki believe energy is absorbed by the body.

Reiki pronounced Ray-Key, is often vaguely defined in many books as the Japanese word for universal life force energy. However to put this into a clearer context Reiki means "transcendental spirit" in Japanese and Ki means Life Force or Energy. So Reiki literally means Spirit Energy and may be understood as spiritually guided life force energy.

Reiki claims to utilize this life force energy or transcendental spirit power for healing via an ancient technique. It is supposed to help us to tune into the universal energies "the transcendental spirit" to bring about health, harmony, and happiness to the whole of humanity. Reiki claims to lead people into higher consciousness, to improve spiritual growth and to harmonize human relationships. Reiki claims to heal the root cause of all sickness and bring about physical, mental, and emotional well-being and balance. A typical advertisement promotes Reiki as good for balancing the energy flow in our physical, emotional, mental and spiritual bodies relieving toxins, stress, tension and disease of mind, body, and spirit.

Apart from the question of its validity and credibility, nothing definite was known about its source (origin) nor about the transcendental spirit that one was to be tuned into. Indeed it could also be said that the actual technique or method it used for creating this "alleged healing", well being and spiritual growth was mysterious and therefore needed to be clearly identified and brought out into the open. Added to all of this there was a genuine concern at the **growing number of Catholics including consecrated Religious that were actively dabbling with Reiki**, or were at least allowing their community centers to run courses thereby promoting it. Consequently some provoking questions needed answering, for example: 1) Is Reiki authentic? 2) Have people checked it out properly and assured themselves, or have they taken a chance, blindly without knowing the consequences? 3) Is Reiki compatible with our Catholic faith and Church teaching?

Research and investigations took over one year to complete and involved interviewing and questioning Reiki Masters, Healers and also those people who had received Reiki treatments. In addition, further information was obtained from Catholic Answers Inc. P. O. Box 17490, San Diego, California 92177, USA, website [www.catholic.com](http://www.catholic.com) and from Priests who had some knowledge of Reiki including other New Age therapies. Indeed they were actively involved in countering Cults, New Age, and occultism. Recently, the U. S. Bishops condemned Reiki.

For further reading on the New Age Movement, the following books are recommended .

*The New Age Counterfeit* by Johnette S. Benkovic , order from Living His Life Abundantly 1-800-558-5452

*Catholics and the New Age* by Fr. Mitch Pacwa , order from EWTN 1-800-854-6316

### Some facts you are not told by Reiki Masters/Practitioners/Healers

1. Reiki has its roots in Buddhism and contains philosophies and practices contrary to Christian Belief.
2. Reiki does not embrace the belief in a personal Creator God. Reiki simply attributes the alleged healing to a "Higher Source" (which is vague and obscure) to spirit guides, secret symbols, mantras and initiations.
3. Reiki is not an ancient healing therapy. There is no evidence to support the claim that it originated over 2500 years ago as a Tibetan Buddhist practice and was supposedly lost until the 19<sup>th</sup> century.
4. It appears that **Reiki was developed by Mr. Mikao Usui**, a Japanese Buddhist Monk from Kkyoto, Japan in the late 19<sup>th</sup> century. There are many spurious reports about Mr. Usui, possible to make Reiki more acceptable. Most of the books on Reiki maintain that he was a Christian Minister, a Dean of Doshisha University in Kyoto, a Doctor of Theology, and a graduate of the University of Chicago USA. The facts are however that no attendance records, conferrals, nor teaching appointments were ever found at either of the Universities. ( A fact acknowledged by prominent Reiki Masters)