

REIKI - A WARNING

Contrary to popular belief Reiki (pronounced 'ray-key') is not an ancient healing technique. Reiki was developed by a Buddhist lay monk by the name of Mikao Usui in the early years of the twentieth century. He claimed to have spent many years evolving a healing system based on ancient Buddhist teachings written in Sanskrit, the ancient and sacred language of Hindus in India. Mr Usui spent the rest of his life practising and teaching this method of healing. It is claimed by practitioners that Reiki raises our vibrational frequencies and, as more and more people become initiated and attuned, so our planet's vibrations are lifted also. It is obvious that this practice is not compatible with Christianity and should be avoided. But in case we need any further convincing we can refer to a warning, written for health professionals and patients, that was circulated five years ago by a team of nine highly qualified doctors and a mental nurse. Their joint statement makes sombre reading. These are the main points they make:

- Reiki is being presented as an acceptable, harmless and beneficial technique of healing.
- However, it is not equivalent to traditional treatments such as massage or physiotherapy.
- It is an exclusively spiritual technique which connects the recipient to spiritual powers or 'spirit guides' - whether they realise it or not.
- Reiki is not neutral with regard to religious beliefs.
- Reiki recipients are usually unaware that the practitioners are spiritist mediums who channel spiritual powers in the same way as mediums in seances.
- Reiki is a totally inappropriate activity for any hospital, surgery or other healthcare setting.
- As medical practitioners we are concerned that Reiki may place patients at unnecessary and unknown risk.

Despite this warning, Reiki is a practice which is becoming very widespread in private clinics - and in the Health Service - but it is a practice that should be avoided. To put this concern in context we start with an extract from the programme of a clinic in Berkshire which offers medical and surgical rehabilitation combined with, what they call, holistic excellence.

The clinic claims that its programme is accredited by The Royal College of Nursing:

'Reiki is a Japanese word that means Universal Life Energy. As children we know this source, we are one with it, but as we grow up we forget and feel separated. One of the gifts of Reiki is a feeling of being reconnected. Reiki is neither a religion nor a belief system. It opens the way to new depths of spiritual experience and understanding. Once you have been initiated, Reiki is activated by placing your hands on yourself or another person. The Reiki energy is then drawn through the body and will go to the level where the energy is blocked, charging it with loving energy and raising the vibrational frequency.'

These claims should put us on our guard immediately, but many are taken in by them..

Some people claim that their aches and pains have been 'cured' by Reiki. However, it must be remembered that Satan is devious and cures can be effected in order to further his cause - ensnaring people into practices that use occult powers.

As in all such matters, we must turn to the Catechism of the Catholic Church for guidance. In the section on the First Commandment, there are three paragraphs (2115, 2116 and 2117) which deal with divination and magic. These paragraphs include the following sentence: *'All practices of magic or sorcery, by which one attempts to tame occult powers, so as to place them at one's service and have a supernatural power over others - even if this were for the purpose of restoring their health - are gravely contrary to the virtue of religion.'* The words *'even if this were for the purpose of restoring their health'* are particularly significant with regard to Reiki - clearly, a practice to be avoided.

Fr Owen Gorman, writing in the 'Alive!' newspaper in December 2005, quotes an American group of theologians who state that Reiki has *'foundational beliefs and practices that are irreconcilable with Catholicism.'* This group said that Reiki involves a belief in which a so-called 'universal healing energy' provides life to all living beings. This belief, they explain, is clearly contrary to Catholic faith in Christ as a Divine Person and Saviour of all mankind. The Church is explicit on this point as well: it is Christ who is the source and agent of healing - not some faceless, non-personal, cosmic energy or life-force as is presumed by Reiki practitioners. The soul is the spiritual 'principle' of man, and cannot be 'adjusted' or 'manipulated'. The soul is a substantial form and not a type of energy. So, the central idea of Reiki, that the spiritual aspect of the human person is a mere energy that can be manipulated and channelled for healing, is erroneous.

www.catholicassociates.com

e-mail: info@catholicassociates.com
