

REIKI AND THE HEALER

As Seen from the Eyes of Devotional Vedanta

By Bruce Martin

Reiki is a conscious healing energy, emanating from the One conscious Source, which pervades and transcends all of manifestation. Reiki is a specific potency of that unlimited Source, endowed with the frequency to bring healing on all dimensions of embodied being, from the physical, to the energetic, the emotional, the mental, extending in its highest aspect even to the spiritual. It works on the energetic system of the recipient, facilitating the release of blockages that initiates a process of healing and re-harmonization of the microcosm of the body-mind system. By endowing the recipient with its own radiant frequency, it also helps to bring the individual system into balance with the forces of nature and the cosmos. Thus Reiki is not only conducive to physical well-being, but nurtures awareness of the self's interrelation with the Whole. In Sanskrit this is termed as *svasthya* (or health), which literally means to be established in one's own self. Reiki is conducive to this state of being.

Reiki is a conscious energy, intrinsically of the nature of awareness. Since it acts directly on the energetic system of the recipient, without dependence on the nature of the awareness of the healer, it knows exactly how and where to move to provide the optimal opportunity for healing to take place. As such, Reiki can never harm anyone and is never subordinate to any personal ambition of the healer. The healer, as such, is merely a channel for the energy to reach the recipient, and hence the assessment of oneself as a healer is of no relevance in Reiki. There is relevance, however, in the awareness that facilitates functionality as a channel. In other words, the more a channel is attuned to the energy it facilitates, the smoother the flow of energy will be to the recipient from the source; the more transparent the transmitter, the less to impede transmission.

Expression of Divine Love

Reiki is directed toward the highest good of all beings, and as such it is an expression of Divine Love, stemming from the mercy of God. For this reason, the primary criterion to function as a Reiki channel lies in the awareness of oneself as a chalice to welcome sacred energy and allow for its transmission. This demands continuous work of internal cleansing (or seeing through, and beyond, the contractions of ego), because a receptacle must be empty in order to receive. In fact, emptiness, like the vacuity of space, is the basic and intrinsic characteristic of awareness, and it is this quality that is essential to welcome this pure flow of healing Love.

Although consciousness, at every moment, remains fundamentally untouched by, and distinct from, the thoughts, feelings, and emotions of which it is continuously aware, it is the identification with all these mechanisms, and the sense of continuity we attribute to them, that fortifies the self-concept, imposing a conventional and conditional idea upon unconditional awareness. This inner

contraction upon a superimposed self, which is also a contraction away from unconditioned and unlimited Reality, diminishes the space in which energy and awareness can flow.

A Reiki channel, therefore, works not only to release negative feelings and emotions, such as anger, jealousy and envy, but must also break the more tenacious aspiration for notoriety as a healer, a being of light, a master and so on. In short, all self-concepts, however noble, must be seen through. To rest in the simple awareness of one's interconnection with the Whole is the state of emptiness in which the ultimate good of the Whole can fill one's being and be transmitted to all that is contacted. It is not the will to heal that is important, but the will to be healed. It is not the individual who heals, but the totality.

A Deeper Level of Joy

When the receptacle of awareness is emptied, the waves of God's compassion gradually overwhelm the being, and the healing vibration of Reiki is transformed into the energy of love. The container itself vibrates with that energy, becoming, in a sense, the whole in the form of love, which naturally flows out, unbounded, toward all of creation. In this state, Reiki is viewed not as a practice, but as a consciousness of love and healing that is alive in the soul. When the soul welcomes this energy of love, allowing it to pervade the being, it becomes that energy. The self becomes Reiki. The self becomes Love. And Reiki can help the sincere practitioner to perceive the deepest aspect of Love, wherein God and all His creatures become beloved to us. Our intention is then directed towards bringing happiness and well-being to all, and through their happiness we perceive a deeper level of joy, or ecstasy. This is the mysterious ingredient of this healing practice. The more we avail ourselves to others through the agency of divine will, the more we are filled by the energy of Love.

Reiki is a state of consciousness, involving the very essence of the being. As such, it focuses the awareness of the Reiki facilitator in the present. Each moment is unique and requires total presence—to be available simply to what is, without imposing any personal notion of what we think should be. Each soul that comes to us is a unique flower in the Creation, with particular shape, color, and fragrance, and so the experience related with each and every being is completely new and fresh. With an openness to experience the uniqueness of each particular soul—something never experienced before—we must be available from the center of our being, with complete presence of being. This is why, for the facilitator, Reiki is concerned with the moment, because it is in the fullness of our own participation that the encounter with the healing energy, and with the recipient, reaches consummation. In the absence of awareness, the moment is lost. No doubt, we will have other experiences, but not that particular one, the one of this moment.

God and His Energy Reciprocate

The more we avail ourselves to the energy of love, the more complete we become. The experiences of life that carry significance are those directly connected with love. Without it, all experience remains superficial, involving only the periphery, and not the center, of our being. So, openness of heart is essential. It is through the heart, the seat of consciousness, that energy flows, and intuition is received as a gift of the Divine to guide us through life, experiencing and realizing the Self.

Intuition is, in fact, a key tool in Reiki. The placement of hands on a patient is guided not by the mind, but through intuition. We need, rather, to drop the mind, so we can feel, through the heart, the flow of energy, and so move the hands in accordance with the actual need of the recipient. Reiki

itself will guide us. That is why it is so important to be in the moment, to be aware. Otherwise the moment could be missed, and so too the real help required by the patient.

The more one's awareness is attuned to the frequency of love, which is the conscious principle underlying Reiki, the more that energy will respond to our invitation. In the Bhagavata Purana, one of the sacred texts of India, it is written that God relates with each and every beloved devotee in the exact form they specifically cherish and with the reciprocal mood to that with which they approach him. This indicates that God, or the Absolute, reciprocates with us in direct accordance with the attitude and transparency of the love with which we approach him. Reiki energy, as discussed already, is a conscious potency of the Divine, intrinsically of the nature of love, and so it acts in the same way.

Awareness without the Sense of Doership

When people take up energetic healing or spiritual practices, such as yoga, Chi-gong, Reiki or meditation, the results are different for each individual. Sometimes it is observed that people may dedicate themselves to specific practices for many years and achieve an advanced level of skill, but still miss the essence, the awareness that lies at the heart of all practice. On the other hand, there are some individuals who are able to quickly and easily grasp not only the technique, but the essence as well. This is due mainly to the consciousness with which one approaches all such types of cultivation, and even life in general.

As long as the sense of doership is prominent, the impetus to practice is coming not from the total heart, from the seat of unconditional awareness, but from the fragmented sense of an independent self, able to achieve results through personal effort. So, although persons operating from this perspective may be dedicated to their practice, the emphasis will necessarily be on mastery of the discipline, since no more than this is within the grasp of the striving ego. As long as the door of the heart is yet unopened, essence remains hidden, and so, the conscious energy that carries the vibration of Love is without a vehicle for expression.

When the sense of doership is abandoned, one necessarily also gives up the feeling of personal accomplishment that accompanies it. The sense of the fragmented self loosens as one recognizes oneself to be a conscious receptacle through which the conscious Whole may express itself. With this awareness there is nothing to be achieved through the practice other than the opening of the heart to one's unity with the Whole. Being overwhelmed by the presence of Love, one stands simply as a witness to that which has no past and no future, but is ever-existent in the immediate now. It is in this emptiness, in the space created for divine energy to flow, that essence can express itself, bringing not the limited results available to a fragmented ego, but the unlimited healing and transformative potential of the conscious Whole. It is this awareness that is relevant to Reiki.