

## From Spiritual Healing to Reiki

When Taggart asked me to write something on this subject, the words that came into my mind were "A rose by any other name....."

I started out many years ago doing Spiritual Healing. Not through one of the accredited organisations, but taught by a Medium and Healer of many years standing who had great belief in the fact that was what I ought to be doing. I found I experienced all sorts of different sensations in my hands when healing others and would sometimes see glimpses of the auric field, but just accepted it all as something that happened when channelling energy. The people who asked me for healing seemed to gain benefit from what I did and occasionally people at work would ask if I could do something about their headache, backache, etc.

Why move onto Reiki then? For some time I had felt there was something missing from the system I was using. I had a great passion for the fact that self healing was vitally important. I used to teach Self Awareness at a well known Spiritual Organisation and I once suggested to the students that they try self healing but this suggestion proved to be unacceptable to at least one of the Healers at the Centre and I received a message back to that effect. Deep within me, however, I knew that hands-on self healing was something that could prove to be invaluable. More and more frequently at that time, the word 'Reiki' kept being placed before me and I decided to investigate what it was all about.

My initiation to Level 1 did not bring about any major changes with sensations in my hands when healing others but it had a very big impact on me personally. I had my first experience of pure Clairaudience; I felt the energy flowing through each of my chakras in a very distinct pattern and I started to shift old, limiting beliefs. I was hooked. I had found the system I had been looking for.

Level 2 did bring changes in the healing I carried out on others. I discovered they were able to shift a lot of emotional baggage, if necessary, which produced profound results for them in the way they chose to move forward in life. Distant healing also seemed to be more effective. Level 3 was quite literally like the crowning glory. I felt my Crown Chakra open wide and a tremendous sense of peace flow through me.

So how did the use of symbols affect my ability in channelling energy to those requesting healing? Initially, my connection to Source seemed far stronger than previously and I used the symbols as instructed during my training. I have to say, however, that the sensations in my hands barely differed from my early days of Spiritual healing. What did change was my intuitive understanding of the different types of sensation and I also received distinct 'impressions' that I should use particular symbols, or the energy of those symbols, at specific points. Clients were also reporting a greater shift to a place of wellness following treatments than had previously occurred.

There is no doubt in my mind that Reiki is a far more versatile tool, if I may call it that, than the healing system I originally received instruction in. This led me to think about why this was so. If, as some people say, we are all channelling the same energy regardless of what name we choose to give it, then what caused this change in my perception and that of my clients? I am not convinced that it is simply being able to use symbols in order to channel a specific type of energy. I do feel it has a great deal to do with our ability to shift energy blocks within ourselves following attunement, which in turn initiates a period of self healing and personal inner cleansing. Once this process has been set in motion, I believe we can learn to sense the different levels of energy attributed to each of the symbols because we are working from a heightened sense of awareness. The energy can flow through us as clear channels and not be filtered out due to our own blocks.

I could go on but I go back to my opening thoughts. Is there a difference between Reiki and Spiritual healing? To me, yes, there is. Reiki certainly helped me to create a stronger connection to Source when healing. I went through a period of personal cleansing following which I felt 'lighter' than I had for a very long time. I have found continuance of self healing invaluable and it is also a superb self development tool. From a client point of view, when I use the symbols (or their energy) according to my intuitive sense of their needs, it is possible for them to experience a much greater release, whether on the physical, mental/emotional or spiritual level. The results speak for themselves.

The above is just a summary of my thoughts at this moment. The Reiki world is expanding and by its very expansion the energy and the use of the energy is changing but that is purely because our knowledge of energy is expanding too. Exciting times are ahead but we should never forget that the energy we channel should be for the Highest Good of the individual concerned. Which is exactly what I used to ask for when doing Spiritual healing .....

Am I confused? No. I now have a very clear, personal sense of the benefits of Reiki compared to Spiritual healing. In my view it is stronger, more focussed and gives the practitioner tremendous flexibility in being able to work according to the needs of the individual.