



Can a Reiki Session Include a Psychic Reading?

BY MONICA AUGUSTINE

I WAS RECENTLY FORTUNATE to be in the beautiful, lush green and powerful energy of Mount Kurama, Japan, at a Holy Fire® III Karuna Reiki Master class given by William Rand. During our course, questions arose about providing our clients with feedback after their Reiki sessions. Perhaps you have had sessions in which you have received intuitive information about your clients or afterward had clients ask you about what happened. How did you respond? Did you share the messages you received? Do you ever feel pressured by your clients to know more?

William felt it important to clarify the difference between giving a Reiki session and giving a psychic or intuitive reading. Trained as an intuitive reader, as well as a Reiki practitioner, I felt it would be helpful to write an article about these two related, but different, types of sessions. To me as a practitioner, this distinction is important because while we are all intuitive,

A Reiki session, on the other hand, is a technique for relaxation and stress reduction that supports healing. While intuitive information may be received during a session, and can be helpful, this information is not actually part of a Reiki session.

If you have training and have practiced psychic development and are skilled in it, you may want to combine a psychic reading with Reiki. However, if you plan to do this, it is important that you have advertised your sessions to be a combination of a psychic reading and a Reiki session so the client knows what it is that they are paying for and what they can expect to receive. If you have advertised that you provide Reiki sessions, then no advice or psychic information should be given.

A Reiki practitioner doing a strictly-Reiki session should be mindful about not sharing unsolicited information with

...it's important to note that, while we are all intuitive, not everyone is trained to be an intuitive or psychic reader. Psychic reading is a practice that is distinct from Reiki.

not everyone is trained to be an intuitive or psychic reader. Intuitive or psychic reading is a practice that is distinct from Reiki, and has its own skill sets. Those skills are important as a message delivered poorly can cause worry and doubt and create problems for a client, where as one delivered skillfully can be a blessing and provide needed confidence and reassurance and important healing.

A Psychic Reading Versus a Reiki Session

All of us have a natural intuitive ability. However, the ability to receive and communicate intuitive information to a client is something that usually requires specific training and practice in obtaining accurate information, discerning the source of information, and knowing how to deliver it in a way that empowers a client.

the client. This mindfulness is important for the integrity of the Reiki session and for building trust and clarity with your client about the process of Reiki itself.

If my client has requested a Reiki-only session, after initiating the session with Gassho to connect with Reiki and giving thanks for the healing about to be received, my sole focus is on feeling the energy, listening to it and sensing where to place my hands. Then, I am merely present in the vibration and frequency of Reiki. I may visualize a symbol or symbols as I feel prompted by Reiki, yet my focus is on surrendering to Reiki, while checking in with my client occasionally, to see how they are doing. That's all there is to it. It is that simple. I do not need to know what is happening or to direct it in any way. The entire focus is on setting my ego and personality and any agenda I might have for

this client aside and allowing Reiki to do the healing which is right at that moment.

You do not need to be skilled at intuitive reading to give Reiki sessions, teach Reiki, or have a thriving Reiki practice. The two disciplines are separate. My husband has practiced Reiki for 24 years and seldom “gets information” during his client sessions. Nevertheless, the sessions are powerful and effective. He says that having the two disciplines separated is a relief for it takes the pressure off and allows him to enjoy sharing Reiki.

Intuitive Reading With Reiki

With my training as an intuitive reader and a Reiki practitioner, I often combine the two in my sessions. When a client asks me to do an intuitive or psychic reading with a Reiki session, I begin the same way, with Gassho and thanking Reiki for guiding the session. I then inwardly ask if there is any information that would be helpful for the client presently. My client may also have a specific question for which I will ask for guidance. After Gassho, I use Reiji ho and Byosen Scanning to gather more information for the session.

Then, I notice where my hands feel guided for placement. Sometimes, information comes in a vision as I place my hands above or on the client. Sometimes, messages come auditorily or empathically. This information can be specific and detailed. Sometimes it starts fuzzy and takes shape as I tune into it more. I may share the information with the client at that moment, commit it to memory, or jot it down in their chart to let them know at the end of the session.

I've learned that *how* you present information to the client matters as much as giving the information. Many people are naturally intuitive and clairvoyant and receive accurate and insightful information but may not be trained in how to convey this information in a way that is useful and empowering. For example, it is not helpful to tell a client what is going to happen in their life as though it is set in stone. Things can change, new choices can be made and different actions can be taken. In other words, our use of free will can allow us to make choices that change our destiny.

On the other hand, intuitive information that can be helpful includes insight on authentic desires, inner blocks and action steps to move forward. Valuable information empowers the client to trust their inner knowing and ability to take decisive action.

When presenting information to a client, it is important to discern what information is helpful and where this information is coming from, so you avoid projecting your desires and biases onto your client. It takes practice to be neutral and tune

into the highest source of information, as well as to deliver it in a way that a client can hear it and make use of it. This skill is a wonderful skill that takes practice to develop.

Information can be metaphorical or relate to present real-world events, past events or future possibilities. It is generally helpful to communicate what you see, feel or hear with a minimal amount of interpretation. Let the client do the interpreting. Asking questions is a great technique. Pointed questions to ask your clients are, “What does this mean to you?” “Does anything come to mind when you hear this?” and “Where do you feel this in your body?”

For example, you might say, “I noticed I am drawn to putting my hands on your knees. Does this mean anything to you? Have you ever had an injury there? Do any memories come to mind when you tune into this area of your body?” Encourage your clients to follow their intuition and to be open to messages they receive.

Be Clear About What Kind of Session You Are Doing

To sum up my discussion with William Rand about Reiki versus intuitive or psychic reading, it's important to note that, while we are all intuitive, not everyone is trained to be an intuitive or psychic reader. Psychic reading is a practice that is distinct from Reiki. If you practice this art and are skilled, you may combine reading with Reiki. Just be sure that this is what your client wants and is requesting. Be sure to clearly define the type of session you are doing with a client before you begin. Is it Reiki only? Is it a reading? Is it both?

If you receive intuitive information during a session and your client has indicated that they would like to know what came to you, be sure to present it in a way that respects your client's inner knowing and empowers them to make healthy choices. Present what you receive with minimal interpretation and ask them questions to verify and expand the information from their own experience and insight.

I hope this clarification of the difference between Reiki and intuitive reading is helpful to you in your Reiki practice. ✨

Holy Fire® and Karuna Reiki® are registered service marks of William Lee Rand.



Monica Augustine is a Registered Holy Fire® III Karuna Reiki® Master Teacher, as well as an Intuitive Reader and Life Coach. If you would like to learn more about how to train and strengthen your intuition and how to use it with your Reiki clients, or if you would like a personal session on the phone or in person, you can visit Monica's website at www.energia-transformyourlife.com.