



Welcome and Recap

Welcome Back! In our last class, we focused on **how Reiki supports physical healing** by exploring the body's energy flow and electrical system. We examined **cellular communication and bioelectric signaling**, which refers to how our cells use tiny electrical signals to send messages, regulate functions, and keep the body working properly. This communication helps coordinate healing, tissue repair, and overall health. We also explored the **heart and brain's role in bioelectric activity** and how **bioelectricity helps the body stay balanced and function properly**.

We then established the **foundation of Reiki healing** for the physical body through five key principles:

- **Restoring balance** within the body's energetic system
- **Promoting relaxation**, which enhances the body's ability to heal
- **Clearing energetic blockages** that may interfere with well-being
- **Enhancing the body's natural healing ability**
- **Connecting the physical and spiritual aspects of healing**

Next, we explored the **mind-body connection in physical healing** and how Reiki influences:

- **The nervous system**, by helping to lower cortisol levels, increase heart rate variability (HRV), and activate the **parasympathetic nervous system**. The **parasympathetic system** is often called the **"rest and digest"** system because it helps the body **relax, recover, and heal**. It does the opposite of the **sympathetic nervous system**, which triggers the **"fight or flight"** response.
- **The immune system**, by supporting white blood cell activity and reducing chronic inflammation.
- **The body's energy pathways**, by clearing and balancing chakras and meridians, promoting better energy flow to organs and tissues.

We also talked briefly about **integrating meditation, mindfulness, and other practices into daily life** to further **support physical health** and enhance Reiki's healing effects.

While our last class centered on **healing the physical body with Reiki**, we shift our focus to **mental and emotional healing** in this class.

Chapter 1: Differentiating Mental vs. Emotional Struggles

Mental and emotional challenges often overlap, making it difficult to distinguish between them. However, understanding their differences is essential for effectively addressing and healing both aspects through Reiki.

Mental Challenges

Mental challenges primarily affect our cognitive functions—how we think, process information, and perceive the world around us. These struggles are often linked to patterns of thought and intellectual processing.

- **Unable to Think** – A foggy or sluggish mind can make it hard to process information or make decisions. This may stem from stress, fatigue, or mental overload.
- **Negative Thought Patterns** – Repetitive, self-defeating thoughts can create cycles of doubt, fear, and anxiety. These patterns may stem from past experiences or limiting beliefs.
- **Memory and Focus Issues** – Struggles with concentration, forgetfulness, or an inability to retain information can result from chronic stress, trauma, or mental exhaustion.
- **Perceived Lack of Control** – Feeling powerless or trapped in certain situations can reinforce anxiety and helplessness, affecting decision-making and mental clarity.
- **Symptoms of Mental Health Disorders** – Conditions such as anxiety, depression, or obsessive-compulsive disorder (OCD) often have cognitive components that impact thought processes.

Emotional Struggles

Emotional struggles are tied to our feelings and reactions to life events. They shape how we experience and interpret situations on a deeper, more personal level.

- **Mood Swings** – Sudden shifts in emotions can feel uncontrollable and may be triggered by stress, hormonal changes, or unresolved trauma.
- **Overwhelming Emotions** – Experiencing intense emotions such as fear, sadness, or anger can be exhausting and may lead to emotional burnout.
- **Relationship Challenges** – Difficulties in connecting with others, feeling misunderstood, or struggling with trust issues can be emotionally draining.
- **Sadness or Emotional Numbness** – A prolonged sense of sadness or feeling emotionally detached can indicate unresolved grief, depression, or suppressed emotions.
- **Self-Esteem or Worthlessness Issues** – Persistent feelings of inadequacy or self-doubt can negatively impact personal growth and well-being.

Distinguishing the differences (in a short summary)

Mental Challenges (Thought-Based)

- Involve structured thought patterns and cognitive processing.
- Can cause repetitive negative thinking, indecision, or feeling mentally stuck.
- For Example, A person who constantly thinks, “I’m not good enough,” struggles with a fixed mental pattern that affects their perception of reality.

Emotional Struggles (Feeling-Based)

- Involve emotional reactions to life experiences.
- Can lead to mood swings, being emotional overwhelmed, or difficulty managing feelings.
- Example: A person who feels intense shame and sadness after making a mistake is experiencing an emotional struggle rooted in self-worth.

How Mental and Emotional Struggles Overlap

Mental and emotional struggles are deeply interconnected, and mental and emotional challenges rarely exist in isolation. While they have distinct characteristics, they often feed into each other, creating a cycle that can be difficult to break. Understanding this overlap is essential for effective healing and self-awareness.

Here are some key points of how the mental and emotional struggles are overlapping and an example:

- **Negative thoughts fuel emotional distress.** Persistent self-doubt or worry can lead to feelings of sadness, frustration, or anxiety.
- **Emotional struggles cloud mental clarity.** When overwhelmed with emotions, it becomes harder to think rationally, make decisions, or process information effectively.
- **Stress and trauma affect both mind and emotions.** Unresolved stress or past trauma can manifest as both cognitive challenges (such as difficulty concentrating) and emotional struggles (such as fear or anger).

For example, someone experiencing **self-doubt** (mental challenge) may feel **unworthy and discouraged** (emotional struggle), which in turn reinforces negative thinking patterns.

Chapter 2: Overcoming subconscious programming

Our subconscious mind holds deeply ingrained beliefs, memories, and emotional patterns that shape our thoughts, behaviors, and overall well-being. Some of these subconscious patterns—such as limiting beliefs, past traumas, or negative thought cycles—can keep us stuck in unhealthy mental and emotional states.

The Healing Process (Mental and Emotional Healing) with Reiki

During a Reiki session, deep-seated memories or emotions tied to subconscious programming may arise. This is a ***natural part of the healing process***, offering an opportunity to consciously release what no longer serves us. As Reiki clears energetic blockages, it creates space for renewal, self-empowerment, and personal transformation.

By working with Reiki consistently, we can free ourselves from old patterns and conditioning, step into a more balanced, peaceful, and an empowered way of living.

Reiki for Releasing Subconscious Programming in details

1. **Clearing Blocked Energy**
 - Subconscious programming often creates energetic blockages within the body. Reiki helps dissolve these stagnant energies, allowing life force energy to flow freely. This can lead to a sense of lightness, clarity, and emotional relief.
2. **Promoting Deep Relaxation**
 - When we are deeply relaxed, our subconscious mind becomes more receptive to healing. Reiki induces a state of calm that allows hidden fears, anxieties, or suppressed emotions to surface gently, making it easier to process and release them.
3. **Healing Emotional Trauma**
 - Past traumas often leave energetic imprints in the body, influencing our thoughts and emotions. Reiki helps release these stored emotions, promoting inner peace and emotional resilience.
4. **Empowering the Mind**
 - Reiki not only clears negative energy but also nurtures positive mental states. It helps quiet the inner critic, reduces self-doubt, and promotes clarity, allowing new, empowering beliefs to take root.
5. **Strengthening Intuition**

- Our intuition often gets clouded by subconscious fears and doubts. Reiki strengthens our connection to inner wisdom, making it easier to trust ourselves and make decisions aligned with our highest good.
- 6. **Balancing the Mind, Body, and Spirit**
 - True healing happens when all aspects of our being—mental, emotional, physical, and spiritual—are in harmony. Reiki restores balance, promoting overall well-being and alignment.
- 7. **Transforming Negative Patterns**
 - Subconscious conditioning often creates repetitive thought or behavior patterns. Reiki helps shift these cycles by raising awareness and providing the energetic support needed for lasting change.
- 8. **Grounding and Stability**
 - When releasing old patterns, grounding is essential to feel stable and centered. Reiki helps anchor our energy, keeping us present and connected to the Earth as we undergo transformation.

Using Reiki for Subconscious Reprogramming

In your earlier Reiki training, you became familiar with several techniques to support healing the mental and emotional bodies. However, it is important to recognize that subconscious reprogramming is not just a technique—it is an ongoing practice that enhances both your personal healing and your effectiveness in working with clients. The subconscious mind holds deep-seated beliefs, patterns, and emotional imprints, which can either support or hinder healing. By consistently practicing Reiki with intention, you not only support your own healing but also strengthen your ability to guide clients in releasing limiting subconscious patterns. Through regular self-work, you refine your sensitivity to energy shifts, deepen your understanding of how subconscious blocks manifest, and become more effective in holding space for clients as they work through their own transformations.

Key Practices for Subconscious Reprogramming with Reiki

1. **Regular Reiki Sessions**
 - Energy shifts occur gradually, and consistent Reiki practice reinforces healing and transformation. Encourage both yourself and your clients to commit to regular Reiki sessions—whether through self-treatment or receiving Reiki from another practitioner—to deepen the process of reprogramming subconscious patterns.
2. **Setting Clear Intentions**

- Before each Reiki session (whether it is a self healing session or performing a Reiki session on your client), set a focused intention for healing. Intentions help direct the energy toward specific areas, such as releasing limiting beliefs or shifting negative thought patterns. Encourage clients to reflect on what they wish to heal and transform, as this awareness strengthens the effectiveness of the session.
- 3. **Daily Self-Reiki Practice**
 - As Reiki practitioners, self-healing should be a cornerstone of your practice. By working on yourself daily, you maintain energetic balance and continue clearing subconscious programming that may affect your personal growth and professional work. This consistency not only enhances your well-being but also strengthens your ability to hold space for others.
- 4. **Meditation and Visualization Techniques**
 - Pairing Reiki with meditation and visualization can deepen subconscious healing. Using visualization techniques to release old energy and integrate positive and empowering beliefs.
- 5. **Working with the Energy Centers (Chakras)**
 - Subconscious patterns are often stored in different chakras. For example:
 - The **Root Chakra** holds deep-seated fears and survival patterns.
 - The **Solar Plexus Chakra** is linked to personal power, self-worth, and your belief system.
 - The **Third Eye Chakra** influences intuition, inner vision, perception, and mental clarity..
 - By focusing Reiki on specific energy centers, you can support the release of subconscious conditioning tied to that area.
- 6. **Journaling After Reiki Sessions**
 - Encourage reflective journaling after Reiki sessions to capture insights, emotions, or patterns that surface. Writing helps bring subconscious thoughts into conscious awareness, making it easier to identify recurring themes and track progress in healing.
- 7. **Affirmations Combined with Reiki** (more details in next chapter)
 - Affirmations are powerful tools for reshaping subconscious beliefs. When combined with Reiki, affirmations are absorbed more deeply, as energy healing helps bypass conscious resistance. Use affirmations such as *"I am worthy of healing"* or *"I trust my inner wisdom"* while channeling Reiki, allowing the energy to reinforce these new beliefs.

Why This Matters for Your Reiki Practice

By fully understanding subconscious reprogramming, you deepen your ability to transform your life and be able to guide clients effectively through your own profound healing experience. Your effectiveness as a Reiki practitioner isn't just in applying techniques but in embodying the principles of self-awareness, energetic alignment, and intentional transformation. The more you integrate these practices into your own life, the more naturally you will facilitate healing for others.

Chapter 3. Reiki for Emotional Release, Resilience, and Healing from Trauma (Fear, Guilt, Grief, PTSD, and Addiction)

Introduction

Reiki is often utilized as a complementary approach for emotional release, resilience, and trauma recovery, including challenges such as fear, guilt, grief, PTSD, and addiction. While scientific research on Reiki's effects on trauma is still developing, anecdotal reports and some studies suggest Reiki may provide emotional support and relief. Below is an overview of its potential role in emotional healing, supported by existing studies.

1. Emotional Release and Trauma Healing

Reiki facilitates emotional release, allowing individuals to let go of suppressed emotions and past trauma often stored in the body and subconscious mind.

- **Fear, Guilt, and Grief**
 - Studies have explored Reiki's role in ***anxiety and emotional distress, which is commonly associated with suppressed emotions like fear and grief.***
- **Study Support for :**
 - Based on this article "[Therapeutic effects of Reiki on interventions for anxiety](#)":
 - The study involved 824 participants, all of whom were aged 18 years or older. ***Reiki therapy was found to have a significant effect on anxiety*** intervention(SMD=-0.82, 95CI -1.29~-0.36, $P = 0.001$). Subgroup analysis indicated that the types of subjects (chronically ill individuals and the general adult population) and the dosage/frequency of the intervention (≤ 3 sessions and 6-8 sessions) were significant factors influencing the variability in anxiety reduction.

2. Building Emotional Resilience

Emotional resilience is the ability to adapt to and recover from difficult experiences. ***Reiki is believed to support resilience*** by promoting relaxation, self-awareness, and emotional balance.

- **Benefits for Emotional Resilience:**
 - Stress Reduction
 - Self-Awareness and Mindfulness
 - Inner Strength and Empowerment
- **Study Support:**
 - Based on this article [“Reiki Is Better Than Placebo and Has Broad Potential as a Complementary Health Therapy”](#):
 - Reiki as a Complementary Therapy for Chronic Conditions: Dressen and Singg¹³ investigated the potential benefits of Reiki for patients with a variety of chronic illnesses. This randomized, single-blind, placebo controlled pilot study involved 4 treatment arms: (1) Reiki (n = 30), (2) sham Reiki placebo (n = 30), (3) progressive muscle relaxation (n = 30), and (4) rest control (n = 30). Reiki was provided by 4 Reiki masters as 30-minute sessions covering the full body of a recumbent participant, given 2 times per week for 5 weeks. It was found that Reiki was more effective than the other treatments for reducing pain, depression, and state anxiety in chronically ill patients. ***Reiki was also found to cause desirable changes in personality, including reduced trait anxiety***, enhancement of self-esteem, a shift toward internal locus of control, and toward a realistic sense of personal control.

2. Trauma Recovery: PTSD and Addiction

Trauma can create emotional, mental, and physical imbalances, often manifesting in conditions like PTSD and addiction. Some studies indicate Reiki may provide a supportive therapeutic environment for those in recovery.

- **Post-Traumatic Stress Disorder (PTSD)**
 - Research suggests that Reiki may help calm the nervous system and support emotional regulation in individuals experiencing PTSD.
- **Study Support:**
 - Based on this article: [“Reiki: Application as a Modality of Integrative Therapy for Treating Post-Traumatic Stress Disorder and Other Wounded Warrior Issues”](#):
 - “PTSD and mental health issues continue to rise in the military and psychological disorders can be very difficult to treat. Though PTSD is a term used mostly in relation to military, people throughout the world suffer from chronic fatigue, stress, pain, insomnia, hopelessness, guilt, shame, confusion, depression and anger. As a result, private hospitals have pioneered the way and are continually seeking ways to reduce these

symptoms so healing can occur. The benefits they are seeing cannot be refuted. The results of their work and continuous search for other ways to use Reiki to produce an overall healing environment shows they strongly believe benefits outweigh the costs. Therefore, I recommend DOD include Reiki as complementary therapy for an integrated treatment approach for PTSD and other wounded warrior issues. What have we got to lose if we try it? There is much more to lose if we do not."

- **Addiction Recovery**

- Some research suggests Reiki may be beneficial in addiction recovery by supporting emotional stability and reducing stress-related triggers.

- **Study Support:**

- Based on this article "[Qualitative Assessment of the Impact of Implementing Reiki Training in a Supported Residence for People Older Than 50 Years with HIV/AIDS](#)":
- Participants reported stories that indicated a beneficial effect of Reiki in their recovery, including reduction of substance abuse; increased ability to use other services, especially psychotherapy and group therapy; and decreased medical problems that had previously resisted successful treatment.

Chapter 4. Techniques for emotional release, resilience, and healing from trauma (fear, guilt, grief, PTSD, addiction)

Introduction

Reiki can be a powerful tool for transforming subconscious behavior patterns that have developed over time due to negative beliefs, incorrect perceptions, or past trauma. These experiences can shape our sense of self-worth and limit our potential.

From the moment we exist in the womb, we absorb information that can create internal barriers. Some of these beliefs may no longer serve us, yet they continue to influence our thoughts, emotions, and behaviors. Through Reiki, we can gently release these limitations and replace them with empowering beliefs.

Supporting Techniques Used in Reiki for Trauma and Emotional Healing

Reiki can be used with other therapeutic techniques (as long as there is no licensing requirements to practice such techniques) to enhance its effectiveness in trauma healing. Some of techniques listed below can be incorporated into the sessions:

- **Guided Visualization:**
 - Reiki practitioners may guide clients through visualization techniques during the session. These visualizations may involve imagining the release of negative emotions, healing light entering the body, or visualizing trauma being released from the energy body.
- **Chakra Clearing:**
 - Reiki often works on the chakras, the energy centers in the body. Trauma is believed to cause blockages in these chakras. Reiki helps clear these blockages, especially in the heart chakra (associated with grief, love, and forgiveness) and the solar plexus chakra (linked to personal power and trauma-related fears that create false belief patterns).
- **Breathwork and Meditation:**
 - Combining Reiki with deep breathing exercises and meditation can further enhance emotional release and resilience. Deep breathing calms the

nervous system and encourages relaxation, while meditation provides a space for integrating emotional healing.

- Box breathing method: a deep breathing technique involving equal-length inhalation, holding, exhalation, and holding phases.
- Deep Breathing method: a simple technique that encourages slow, full breaths to enhance oxygen flow, relax muscles, and lower stress levels.

Reiki and Affirmation Techniques in Details (For self healing and working with clients)

Step 1: Grounding Yourself and Your Client

Before beginning, ensure that both you and your client are grounded. A strong foundation allows for a more effective and balanced reprogramming process.

Step 2: Identifying Limiting Beliefs

- Recognize that at your core, you or your client are already whole and perfect. However, certain thoughts, emotions, or perceptions—rooted in the ego—may create false narratives that limit you.
- Identify the feeling or thought that is affecting you. Try to express it in one or two words. Examples include:
 - **Anxious**
 - **Fearful**
 - **Agitated**
 - **Inadequate**
 - **Unlovable**
- Once identified, find a positive counterpart (antonym) to replace it. For example:
 - **Anxious** → **Calm, Confident, Courageous**
 - **Fearful** → **Fearless, Daring, Brave, Secure**

Step 3: Creating Positive Affirmations

Now, transform the limiting belief into a positive affirmation to reprogram your subconscious. Examples:

Releasing Fear: may need to modify if you are doing mantra on behalf of client or same with other components.

- "I choose to be [confident, brave, fearless, etc]."
- "I am feeling [calm, secure, courageous, etc]."
- "I AM [strong, fearless, confident, etc]."

Step 4: Preparing the Sacred Space

- Perform **Gasshō** to center yourself.
- Set an intention for the space to be filled with Reiki energy.
- Use the **Cho Ku Rei** mantra three times in each of the six directions (front, back, left, right, above, below).
- Activate all Reiki symbols you have been attuned to, either physically or through visualization.

Reiki Symbols & Their Roles:

- **Cho Ku Rei** – Enhances the power of the process.
- **Sei Heki** – Supports mental and emotional healing.
- **Hon Sha Ze Shō Nen** – Bridges time and distance, helping to address the root cause.
- **Dai Ko Myo** – Represents enlightenment and connection with the universe.

Step 5: Reiki Energy Infusion for Reprogramming

- Place one hand on the back of your head and the other on your forehead.
- Intend for Reiki energy to flow into the subconscious, dissolving old patterns and reinforcing new beliefs.
- While channeling Reiki, repeatedly mantra your affirmations for **3 to 5 minutes**.
- Feel the energy shift as the new programming integrates into your system.

Step 6: Closing the Process

- Perform **Gasshō** once more.
- Say: **"So Be It, and So It Is. I Give Thanks."**

This practice, when done consistently, helps to rewrite subconscious patterns and create space for healing, empowerment, and transformation.

Note on Incorporating Reprogramming Techniques in Client Sessions

When considering the use of reprogramming techniques during a session, it's important to honor the unique needs and readiness of each client. Please keep the following in mind:

1. **Client Readiness:** Only introduce reprogramming techniques if the client is open and willing to explore them. Consent and emotional readiness are key.
2. **Therapeutic Relationship:** A strong, trusting relationship between you and your client is essential. This foundation allows for deeper work to unfold safely and respectfully.
3. **Respect the Session's Intention:** If a client has come solely for Reiki and is not ready to engage in deeper emotional or mindset work, do not force or suggest reprogramming techniques. Allow the healing process to unfold naturally and at their pace.

Always prioritize the client's comfort, consent, and current capacity for inner work. Trust the process and trust your client's timing.

Conclusion

Reiki is a powerful tool for releasing deep-seated emotions and limiting subconscious programming. It offers a holistic approach to emotional healing, resilience, and trauma recovery. While scientific research on Reiki's direct impact on subconscious reprogramming is still emerging, both existing studies and the experiences of many clients and practitioners highlight its effectiveness in addressing emotional challenges such as fear, guilt, grief, PTSD, and addiction. Reiki works by restoring balance to the body's energy system, promoting deep relaxation, and opening pathways for emotional release. When combined with added techniques—used thoughtfully and with the client's readiness and consent—Reiki can become an even more transformative tool for healing and personal growth.