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# Reiki: Are You Coming from Ego?

Cortney Martinelli

When first beginning to practice Reiki, one of the biggest pitfalls I see with my students is the tendency to come from a place of ego. We ALL do it — especially when we are working with a person we are close to, someone we love or someone we are trying extra-super-hard to “heal.” I will explain, but first let me remind you of two basic principles of Reiki.

1. Reiki has its own intelligence (Rei meaning Source or higher-consciousness).
2. Reiki *never* depletes your energy because it is channeled healing. The Reiki practitioner’s energies are never used and therefore never depleted.

Here is a huge and highlighter-worthy truth: If you feel depleted or unwell after giving a Reiki treatment, then you are coming from a place of ego, not a place of Reiki.

What I mean by ‘coming from a place of ego’ is, whether you know it or not, you are trying to affect the healing. Reiki does not work like that. You are not doing anything. You are the cord through which the energy flows.

I commonly find myself having this conversation about ego over-and-over again with Reiki practitioners when I am at events. For that reason, I am going

to share a real-life example.

I was approached recently at a yoga festival by a Level 1 Reiki practitioner. She was new — just attuned — and still trying to figure out what it all meant. This woman began the conversation by saying that she had been providing Reiki to her sister, an on-again-off-again recovering drug addict, and that after treating her, she would feel very drained and unwell. The woman wore this as a badge of honor symbolizing that she “gave-it-her-all” during the sessions with her sister. She went on to say how much she loved her sister and how she desperately wanted to help her. Through conversations she had with others, she came to believe that the reason why she did not feel well was because the energy that was flowing through her was extra powerful — as it was obvious that her sister needed more Reiki than most due to her circumstances.

At the risk of being redundant I am going to break this conversation down, because I think it is that important. Also, please forgive my bluntness — again, because I think it is that important.

## She Knows Too Much

This lovely woman knows too much about her sister, for this particular situation. Sometimes, it is better, when starting off, to know little-to-nothing about the person that you are treating. The more unattached



you are to the person and the illness, the more unattached you will be to the outcome. When you are attached to the outcome, you are coming from ego. Let me say that again, when you are attached to the outcome, in any way, you are coming from ego. And when you are coming from ego, you are *not* coming from Reiki. It is a distinction worth grasping.

Right about now you might say something to me like, “but that is the whole reason I became attuned to Reiki because I want to help heal my son, husband, mom or sister”. Yes, I get that. However, if this is the case, you need to fully understand the rest of what I

person’s illness or problem. Understand what is going on here. Let us assume that *most* of the time, your clients are coming to you because they have something ‘wrong’ with them. I can guarantee that this problem consumes most of their thoughts. In fact, universal law ensures this. Someone must hold the space of well-being for them. Someone *must* focus on their true nature, their perfection, their wholeness, their well-being or the idea that their cells are regenerating constantly. And I assure you, it is not going to be them — so it *must* be you.

If you get really good at this, you will have people

## *When you are attached to the outcome, you are coming from ego.*

am about to say before practicing on someone where the outcome is of great importance to you.

Often you can allow the Reiki energy to flow through you unaltered when you work with strangers. I know this from years of experience with myself and my students. After Reiki level two training, I give my students the opportunity to practice with ‘strangers’ during my yoga/Reiki workshops. This is typically the first time they are practicing Reiki on someone other than their family members or friends. Repeatedly, I hear from my students how different the experience is when working with participants in the yoga workshop. For the first time, they can experience Reiki as intended, with no ego attached. It is a beautiful thing that I am truly unable to put into words. Once you have experienced it, you will know the distinction between coming from ego and allowing Reiki to flow through you unaltered. It is this unaltered state that you are reaching for.

### **She is Focusing on the ‘Drug Addict’ Not Her Sister’s True Spirit**

One of the most important traits of a healer is to be able to hold the space of wellness for another. In part what this means, is you *never* want to focus on the

lining up to be in your presence. In fact, this is ultimately what Jesus did. People would stand in front of Jesus, dripping in their illness, and he would look at them through the eyes of the Father and know their wholeness, know their perfection, know their divinity and know their birth-right. This is the space where miracles happen. This is how you raise vibration. This is how you heal.

You simply cannot focus on the problem and expect to feel good after the session. Simple enough. The most important job of a Reiki practitioner is to hold the space of well-being for another. If you know the intimate details of their illness/problem, it is harder to do this, but it is possible. This is a good time to get centered with Gassho meditation, which is the first pillar of Reiki and can be used to clear the mind, open the heart, and strengthen one’s Reiki energy. If you cannot, you need to refer your family member or friend to another Reiki practitioner. You can, of course, still give them your love, your support and your prayers — but I would not call it Reiki.

### **Do Not Give it Your All – In Fact, Just the Opposite**

This woman was certainly right about one thing: she was feeling drained and unwell because she ‘gave-





it-her-all.' However, this is the opposite of what you should be doing. Reiki is a channeled energy. You should be allowing the energy to flow through you, and in doing so, you receive the full benefits of Reiki as you are giving it to another — which will never leave you feeling drained or unwell.

### **You Are Not Here to *Help* Anyone**

I hear this a lot: "I want to help others." It seems harmless enough. Often when you are treating through the lens of helping, you are coming from ego. Some might say it is just semantics. I would encourage you to look at your intention when you set out to help someone. Seeing someone as needing help, sees them as weak. Seeing someone as needing to be fixed, sees them as broken. None of us are weak or broken — even this women's sister. She is whole and perfect. We are all whole and perfect. Consider approaching your practice from the lens of service. It is a subtle difference. From my experience, helping and fixing is draining; serving is renewing and fulfilling.

### **'Unwell' People Do Not Need Extra Powerful Reiki to Heal**

There are not different *strengths* of Reiki. I do not care if

you are practicing on Hitler or Mother Teresa, a sinner or a saint, someone who is a drug addict or someone who is vibrating at 72 MHz — it just does not matter. Reiki makes no distinctions. It sees all life through the eyes of Source. It is both powerful and gentle at the same time. Reiki is not thinking, "This person is super sick, so we better zap them with extra powerful healing today." It does not work like that. Regardless of the person you are sharing Reiki with, Reiki flows in the same powerful yet gentle way each time.

In conclusion, if you are looking to practice Reiki on another, whether you know them personally or not, years of experience have shown me that the more aligned, centered and relaxed you are the more this beautiful, divine energy can flow through you unaltered. Take the pressure off yourself and sit back and enjoy, knowing that everything is always unfolding perfectly. €



Author Cortney Martinelli can be found at [www.Shineakron.com](http://www.Shineakron.com).