

What Is Reiki?

By Jessica Smith

Reiki is a spiritual “healing” art in which powers are invoked from the spiritual realm to enter the body of the Reiki practitioner and be channeled through and transferred into specific areas in the subject’s body for purposes of healing.

There are three levels in Reiki practice. Each level is attained through a training and series of initiations in which the Reiki Master (teacher) invokes the energies (or spirits) that they have invited into themselves from their own previous Reiki initiations during training. He or she sends those spiritual energies and powers into the new practitioner by the laying on of hands and other spiritual rituals. Each level of training and initiations includes slightly different invocations and powers.

At a surface level, to someone who does not believe in or is not familiar with the Bible, this may sound like a really lovely thing to do, to attain powers of healing. Or perhaps one thinks the whole idea of powers and spirits sounds hokey and not real. I can assure you, these powers are real. The Bible also teaches they are real. But they are not on the side of goodness, truth, or light—they are not what they appear.

Ephesians 6:12: For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Healing may sound like a noble, loving thing to practice. That is certainly what I thought, and what drew me to it. I wanted to help people. What I did not understand is the reality of what the spirits actually were that I was invoking. One day, I was shaken to experience these powers as incredible darkness and evil (see [My Testimony](#)). The Bible explains why I experienced this confusion.

2 Corinthians 11:14: And no wonder, for Satan himself masquerades as an angel of light. It is not surprising, then, if his servants masquerade as servants of righteousness. Their end will be what their actions deserve.

For more on the Lord's instruction regarding such spiritual practices, see [What the Bible Says](#). The spirits invoked within yogic practice as outlined in the Yoga Sutras are comparable to the powers invoked in Reiki.