

## WHAT IS REIKI?

Reiki is a spiritual practice founded in Japan by Mikao Usui, based on the belief in a “universal life energy” that flows through all beings. Its followers maintain that this energy can be channeled by a practitioner to promote physical, emotional, and spiritual healing.

Reiki is said to unblock stagnant energies, allowing the body and mind to balance and heal themselves. It is also promoted as a technique for reducing stress and achieving peace and well-being.

However, from a Christian perspective, this practice does not recognize the action of God or the need for His grace for true healing.

## CHAKRAS AND “UNIVERSAL ENERGY”

Although Mikao Usui did not teach about chakras, many practitioners have incorporated this concept, relating it to the idea that “universal life energy” flows through these centers. It is believed that any blockage or imbalance in the chakras can cause illness or discomfort, and that Reiki would help restore their proper flow.

From the Catholic perspective, this view is incompatible with the doctrine on God's action in human life. The Church teaches that health and well-being depend on divine providence and legitimate natural means, not on manipulations of supposed spiritual energies.

**“All forms of divination are to be rejected: recourse to fortune tellers, astrology, palmistry, interpretation of omens and luck [...]. They are in contradiction with the honor and respect, mixed with loving fear, that we owe exclusively to God.”**

**(Catechism of the Catholic Church, 2116).**

If you have ever practiced Reiki, remember that God awaits you with His infinite mercy.

Go to the Sacrament of Confession to be reconciled with Him.

Strengthen your spiritual life with prayer, Eucharistic adoration, and spiritual direction.

Consult with a priest or spiritual director if you need help.



“COME TO ME, ALL YOU WHO LABOR AND ARE BURDENED,\* AND I WILL GIVE YOU REST.”

(MT 11, 28)

# REIKI AND THE CATHOLIC FAITH

## AN INVISIBLE DANGER



Discover the spiritual risks hidden behind Reiki

# REIKI CONTRADICTS THE CATHOLIC FAITH

## Self-sufficiency and manipulation of energy

Reiki maintains that human beings can channel a “universal energy” to heal themselves, ignoring the fact that God alone has power over life and healing.

## Focused on human beings and not on God

Christian doctrine teaches that God is the center of everything. In contrast, Reiki puts the individual in control of their spiritual destiny, promoting a vision where humans manipulate spiritual forces at will.

## Rejection of divine grace

The Church teaches that true healing is a gift from God received through faith, prayer, and the Sacraments, not through energy manipulation techniques.

## Pantheistic and esoteric vision

Reiki promotes the idea that the divine is present in everything in an impersonal way, blurring the difference between the Creator and creation. The Christian faith teaches that God is a personal and transcendent being, not an impersonal energy that can be controlled by man.

## A CRITICAL LOOK FROM SCIENCE

**No scientific evidence:** There is no evidence that “universal energy” exists or has therapeutic effects.

**Psychological and spiritual risks:** It can cause emotional dependence and discourage people from seeking real medical treatment.

## SPIRITUAL RISKS

### Can Reiki expose you to demonic influences?

Reiki is not magic in the classical sense; however, by engaging with “energies” without spiritual discernment, you run the risk of exposing yourself to influences that are far from God.

Father Gabriele Amorth, exorcist of the Diocese of Rome, warned that practices such as Reiki and belief in chakras can open the door to dangerous spiritual influences. In his book *An Exorcist Tells His Story*, he points out that many people who practiced Reiki ended up with serious spiritual problems.

Pope Francis has also warned about the “New Age mentality,” which infiltrates the Church and distances the faithful from Christ.

“AND NO WONDER, FOR EVEN SATAN MASQUERADES AS AN ANGEL OF LIGHT.”  
(2 COR 11, 14)

## WHAT DOES THE CATHOLIC CHURCH SAY?

In 2009, the United States Conference of Catholic Bishops published the document “Guidelines for the Evaluation of Reiki as an Alternative Therapy,” which states:

**“Reiki is not compatible with Christian doctrine or the Church’s teaching on healing. It has no basis in Christian revelation or science. By seeking healing outside of God’s grace and the sacraments, it departs from the faith.”**

Furthermore, the Catechism warns:

**“All practices of magic or sorcery [...] are gravely contrary to the virtue of religion.” (CCC 2117)**

## Differences between Reiki and Christian healing

Aspect	Reiki	Christian healing
Power source	Anonymous “universal energy”	God, Creator and Lord
Method	Energy channeling	Prayer, Sacraments
Mediator	Reiki practitioner	Jesus Christ, the only mediator
Spiritual effect	It can create dependency and lead people away from faith.	Brings you closer to God and strengthens your faith
Dangers	Exposure to undiscerned spiritual influences	Complete trust in God’s Will

## CONCLUSION

Reiki is based on spiritual principles that are foreign to the Christian faith and contradicts the Church’s teaching on healing and divine grace. Although it seems harmless, it introduces esoteric elements that can lead people away from faith in Christ and the Sacraments.

As Catholics, we trust in God and in the means He has given us for true healing: prayer, the Sacraments, and His grace.

“FOR IN HIM WE LIVE AND MOVE AND HAVE OUR BEING.”  
(ACTS. 17,28)