

The Ways Reiki Enhanced My Therapy Practice

BY REN OBERHILL, MA, LPC

AS A LICENSED counselor for almost 20 years, I have experience walking with people through learning, growth, ailments, loss, life transitions, and painful experiences. Over a period of many years, it felt like an honor to listen, to help illuminate their thoughts and feelings, to guide with a caring compass toward orientation to themselves and to the world. I created a therapeutic space for people to release their burdens, and I felt good about the skills and compassion I could provide.

Over time, I became curious. I gave clients tools ranging from cognitive behavioral therapy (CBT) thought techniques to more somatic, body wisdom practices for symptom alleviation. Many clients felt “better,” they reported. But they were reluctant to leave therapy to practice their skills out in the world. *I must be missing something*, I thought. *They don't feel healed*. Seasoned enough to know that every person is an expert on themselves, I did not discount what they were telling me. What were they feeling? What was I missing?

Soon, I realized many clients seemed disconnected from their bodies. It felt like the strategic and analytical parts had taken over, and they could easily debate decisions forever.



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The conscious mind labels things as “good or bad” or “right or wrong,” and I noticed people getting caught in loops where they openly debated their choices in both categories. I also noticed that almost all my clients were over-functioning and not operating within their nervous system’s window of tolerance, or the optimal functioning of balance in the nervous system. I began to “prescribe” my clients time in nature and with pets, time to listen to and journal with their inner child or protective parts, and the creation of morning and evening routines to support their nervous systems.

In doing self-research, I discovered qigong, tapping (Emotional Freedom Technique, or EFT), and chanting bija (seed) sound mantras to support the seven major chakras. A significant portion of the clients who tried these techniques amended their routines, slowed down, and took care of themselves, and made considerable progress. Still, I felt many clients were afraid to feel their emotions, and we cannot heal what we do not feel. My search continued, and I felt close to a breakthrough.

Discovering Reiki

I wanted to provide a method of healing that focused on both gentleness and

empowerment for my clients. I knew that if clients felt compassion for themselves, they would more easily open to looking at thoughts, feeling emotions, and seeing their behaviors with curiosity and without judgement or shame. I was determined to find this modality, and my heart led me to Reiki.

I found a Reiki Master Teacher who took me on as an apprentice. Reiki led me to uncover my own subconscious beliefs and the patterns that were running the show in my mind, body, and spirit. Core beliefs we often bury deep in the subconscious mind can influence our view, perception, and even how we experience the world and others. I became brave about revisiting past pain and was more able to sit with myself and my feelings while Reiki supported me. I loved Reiki so much that I worked my way through a couple of years of training and became a Reiki Master.

How Reiki Changed My Work with Clients

After I felt comfortable connecting with and using Reiki, I began using it in the therapy room. I was doing mini sessions for non-clients on the side as part of my apprenticeship. Some of my clients were aware of my energy work and were curious about how I might bring this healing energy into our sessions. With this encouragement, I brought Reiki into my therapy room.

As I connected with the Reiki energy, my clients could feel more love and compassion for their journey. They stopped ruminating about issues that previously gave them terrible insomnia. Most of my clients could now sit with their feelings without collapsing. Reiki helped them feel strong and

brave during sessions, too. Once we got to the point of self-compassion and self-love, clients could feel compassion for others, even for those who had harmed them.

On a personal level, as I raised my level of consciousness, I shifted my past relationship trauma with the help of Reiki energy supporting me. My relationships with my clients changed significantly throughout the course of my Reiki training. Many clients became much more open and interested in exploring spirituality, nature, energy, core beliefs, and deep patterns. I could give Reiki with their knowledge and consent while we talked in our sessions.

To my amazement, I could hold a powerful yet gentle space for transformation unlike what felt possible before. I used Reiki to support clients in feeling, releasing, relearning, and planting new seeds of positivity. Almost all my clients could perceive blockages in their energy fields with Reiki to guide them. Clients shifted from wanting me to heal them to wanting to heal themselves driven by this new awareness and a significant connection to Reiki.

Reiki brought me new clients and opportunities to serve in places I never considered. I did healing work in short bursts and hour-long sessions, combining my therapeutic skills with the healing energy. Reiki energy lets me know when to bring up repeating patterns with clients and when to have a conversation about healing deep wounds. I let the energy guide me.

My therapy sessions are now co-creations between me, Reiki energy, and the client. I created a sacred tune in and grounding process for

my clients before each talk therapy session to align our energy with Reiki, the earth, and the sky. This process helps us both to set aside any energy that would not serve our connection to Reiki and our inner wisdom. Here is the process I use. I suggest you try it to see how it works for you.

A Sacred Tune-In and Grounding Process

1. Begin by calling in Reiki energy, your divine team, your ancestors, your soul family, and your wise self. Visualize CKR and DKM (if attuned) and place the symbols around the room. Use CKR and HSZSN to send Reiki to any music or spiritual tools you might want to use in your session. Invite the client to envision white light surrounding the room.
2. Set your intentions for the highest level of helpful information and healing energy aligned with your client's highest good and the good of all. You can also use sound therapy or sound tools if you like. I use a large singing bowl, infuse it with Reiki, and gently hit it, allowing the vibration to fill my client's energy. I shift the bowl in a circle around the client and keep playing throughout this visualization, but it works without the bowl, too. Playing Reiki healing music is also very effective at this point.
3. You can tell your client to close their eyes if they feel comfortable doing it, take a deep breath in through their nose, release any expectations or stress, and release the breath slowly through the mouth. Ask them to do this at least two more times, releasing

illusions, attachments, energy that isn't theirs, and energy that doesn't serve them. I ask that any human energy that prevents me from being a clear channel for Reiki move aside until the session is over, and afterward return to me.

4. Invite your client to picture golden roots coming out from their feet or their spine into the earth. Help them visualize the roots going down into the soil and connecting with the crystalline core of the earth. Allow them to imagine the energy there in any color that feels helpful and then ask them to breathe that earth energy back up from the soil, the roots, their feet, and spine, to the crown of their head. The crown opens like a lotus, and the healing earth energy rises and circles, creating a bubble of light they can breathe in.
5. Ask your client to discover a column of pure white light beaming down on them from the sky. You can frame this light as their connection to the Universal One Source, always there for them. The client can focus on bringing that light down through the crown, through the spine, and down to the center of the earth. You may wish to have your client merge the energies of earth and sky in their heart chakra and breathe the energy in.
6. Your client can now envision a protective shield where the energies of earth, sky, and heart come together. They may wish to form the protective shield

into a shape like a pyramid or a sphere. It helps to have clients perceive that any unhelpful energy bounces off their shield with ease. I tell clients that their shield is now impenetrable, making them grounded, protected, centered, and balanced. If the client's eyes were closed, they can now open them and take a few gentle breaths. You are ready to work together.

A New Path

I am grateful for Reiki energy because it is of service to people in any situation, regardless of the problem. The energy flow helps clients develop deeper self-awareness so they can direct their attention toward healing unhealthy behavioral patterns and negative core beliefs. I found that playing Reiki healing music in the background relaxes the nervous system and supports a sacred channel for authentic wisdom to come through. Clients can easily connect to their own energy and guidance as I invite Reiki into the room. They experience greater emotional release with less shame and are better able to name core beliefs and patterns so we can heal them together.

Reiki assists with relaxation, enabling access to subconscious levels of the mind, and inspires persistence and empowerment. It is rewarding to see clients look to me less as the decision-maker and more as a guide who asks good questions and helps them to build skills. It is much easier to help people shift out of self-criticism, judgment, and negative perspectives with Reiki support. I feel the flow in the room, the lack of resistance, and the

ability to move into the awareness that can reveal exactly what we need to explore at the right time. Now that I am a Reiki Master Teacher and the world of healing attunements is available to me, I am guided to use this process when appropriate. My search to find gentle, effective, and efficient healing at the root finally feels complete.

I currently work for myself and have created a healing system that blends Reiki with counseling and other holistic techniques. I am excited to try variations of the method, customizing it based on the client's needs and patterning. Reiki continues to amaze me with its versatility and power, and I allow myself to be guided with an open mind and heart. My goal is for people to have the choice to heal the root of repetitive negative patterns and core beliefs. I intend to help many people claim their divine wholeness with Reiki leading the way. ■



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She is the owner of 6 Ray Healing, LLC, based in Kalamazoo, Michigan, specializing in inner child work, shadow work, habit reform, and blends traditional therapy with hypnotherapy, grounding practices, divine guidance, and Reiki energy healing to support clients who wish to heal the root of repeating patterns and behaviors. Ren loves teaching Reiki classes and working with gentle souls who feel ready to claim their gifts and step into empowerment. You may contact Ren at Ren@6rayhealing.com and learn more at www.6rayhealing.com.