

Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

Reiki and Islam

Duane Flowers · Monday, August 4th, 2008



I must admit that I don't know very much about Islam, so when an article concerning Reiki appeared today in an English language Arab newspaper I was sure to take notice. It didn't say much, but there were two points I found rather interesting and would like to touch upon them here.

The article, appearing in the ***Sunday 3 August 2008 (30 Rajab 1429)*** issue of ***Arab News*** was called ***"Having the write stuff"*** and was written by ***Hassna'a Mokhtar***. It was mainly concerned with ***graphology*** (a type of handwriting analysis), but also touched on Reiki and NLP as fellow "western" sciences.

The first thing I found interesting was the definition of Reiki itself that was given in the article. Per Mokhtar, ***"Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing."*** I found this definition to be rather revealing in and of itself and I assure you that Mokhtar is not the only one who looks at it this way. For many, perhaps the ***stress reduction and relaxation***

aspects of Reiki are Reiki's greatest attributes and there is no reason to hold any other interpretation as more valid or legitimate.

I realized, once again, that my own interpretation of Reiki as **a spiritual art that also promotes healing** is based on my own needs and perceptions and that these may not be the best way to promote Reiki to others. Those that frequent these pages either have the same (or similar) understanding as I do, or are just incredibly bored. In that this forum is not intended to present only one viewpoint I realized I must make a greater effort to diversify so that the more diverse interpretations of others are more welcomed and not put off to the side as invalid in any way.

This epiphany comes on the heels of the second thing I found interesting in the article which was the way Reiki itself is regarded by Islamic people. Per the article, "**Some Saudi scholars disapprove of sciences such as graphology, Neuro-Linguistic Programming (NLP) and Reiki**" and "**argue that sciences such as Reiki are not permitted in Islam**". I can't vouch for the validity of these statements but I did find them quite revealing.

Further, I don't know whether this viewpoint is the generally accepted opinion of the masses, certain orthodox traditionalists, or limited to certain Islamic sects or a handful of scholars, but the fact that some Muslims feel this way and regard Reiki this way is, in and of itself, reason for a rethink.

For any chance of success Reiki must be presented to each culture it meets in a way that is completely acceptable to that culture. Forcing one culture to assume the attitudes or behavior of another has resulted in discontent (if not outright war) for ages. If Reiki has any chance of proliferating within Islamic cultures it must be done in a way that is appealing and comfortable to them. Since Reiki has no religious component I see no reason it can't be accepted by Islam, but of course it must be done on their terms since Islam is more than just a religion in that it contains a culture and philosophy and epistemology of its own.

Perhaps what the Reiki world needs, from an Islamic standpoint, is a person like Mrs. Takata, who is not afraid to bend Reiki to the Islamic culture to the degree necessary for its acceptance... **luckily Reiki has always been rather flexible.**

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



This entry was posted on Monday, August 4th, 2008 at 10:23 am and is filed under [Reiki Theory](#). You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. You can leave a response, or [trackback](#) from your own site.

10 response to "Reiki and Islam"

1.) [Colin Powell](#) says:

August 5th, 2008 at 8:12 am

Hi again, Duane!

It just so happens that I have recently been reading about mystical Islam and healing practices and came across an interesting Islamic interpretation of Reiki here: <http://herbnites.tripod.com/islamicreiki/>

There do appear to be some parallels between Reiki, Ki and Chakras and Qudra, Baraka and Lata'if.

Ai to Hikari

Colin

(sorry if this comment appears several times - there appeared to be some difficulty in getting it posted!)

2.) [bashir](#) says:

October 24th, 2008 at 1:00 am

I am a muslim and i would like to point two things as reiki appears to have some sort of semblance to the practice in Islam

1.The holy Quran says ALLAH (THE MUSLIM GOD)is NOOR (LIGHT) of the skies and the earth (or the universe) and we in reiki beleive the reiki is a universal force .

2.The concept of DUA after each prayer by raising both hands up to face level and then rubbing the same on face .Are we not making effort to concentrate the BARAKA on the most sensetive organ as we have adopted a similar method in reiki I personally beleive that there is need to analyse the reiki and reeligious faiths without any bias and prejuidce and must make effort to shun claims of calling reiki non - reeligious .There is all hopes of findind semblance .

3.) [Michelle](#) says:

November 26th, 2008 at 12:43 pm

I am also a muslim and have been doing energy healing or reiki on myself and children . I was really not well several years ago and began taking natural supliments, acupuncture.....etc....my mother a former nurse, gave me bookson energy healing and i know that it works has been very healing for my family,friends, and myself.!You just feel better and more spiritually connected.

I know that it works and is very powerful. I also know that it helps those who are in pain or emotionally upsett. I have personally as a devoted muslim not found anything against Islam in Reiki. I do not use the symbols any longer i just make dua and recite healing verses.

The main question iswhat would our Holy Prophet Mohammed pbuh would have advized about this type of healing work? I then ventured into studying books on Sufism during my research on Reiki and the Spritual side of Islam does obtain wisdom and knowledge about energy healing and can quite in depth.

I hope to meet with other Muslims who practice energy healing as i Currently know mostly Christians right now who practice this.

Sr. M

4.) [babak](#) says:

March 2nd, 2009 at 5:24 pm

1. Islamic reiki

The biggest problem or issues that busy the mind of Muslims when they accept the reiki is that why we must use of Indian, Sanskrit and Japanese names and symbols. And at this part where are the place of names and says of GOD in Islam and how we can use of them in care and attention or meditation.

Mr Babak sorkhpour after 2 years research and meditation or attention and experiment of different methods and styles, can find the key of this secret and with help of new method of Islamic reiki that inspiration to him and after going the different attunements on the different masters and students , for the first time in the world , he introduce it to the health festival of Malaysia.

The key points of this method:

1. Use of God's says instead of reiki symbols.
2. Most effect is on the third eye's canal (chakra).
3. It does not need to hard excursive.
4. Guide master and the main attune is Mohammad Excellency (profit).
5. Most relation is with servant around
6. It can care and we can send it to far away or the far point.
7. Never or at all if has not any dependence to master or method or religion.
8. It is only a very simple technique.
9. It does not need to draw symbol.
10. It increases the relation immediately.
11. The material of its energy is very light .
12. The teaching of it , is very simple and in the lower most time.

5.) Zainab says:

April 21st, 2009 at 11:49 pm

I am a muslim. I have been practising reiki since 1994. I got it from India. from master Martin Nazarette. I read his book. I contacted him and took lesson. But my creed made me not want to use symbols. One day he phoned me and wanted to attune me with reiki II. He sent me a booklet for it. I didn't like to use symbols I found it not proper; my heart just couldn't accept the symbols or mantras. Since 1994 I used to treat many people with the energy. I never accepted any pay. If they insisted me to accept it I gave it to the first needy person. My heart never want to accept the money given. Anyway, one day one of my friends wanted a reiki III. I phoned Martin, He sent it to my friend and me together. There are exercise which go with No III reiki but I never practised them. I went for pilgrimage this year and many people who were lodging with me were sick and I treated them and attuned them by just intending saying "By the Will of Allah you have the healing energy just like me" I checked the enery flow and indeed it was flowing in their palms. Then I asked some to pass it to their friends there and then and they also felt the flow of energy through their palms. So they started treating each other and was indeed successful. So they got Reiki I, II and III in a second just by intention. They also tried distant healing and it worked too. So you see Allah is the only One Who knows what you converse in your mind or heart so He hears and it works. Nowadays I am very cool. I never want to look at symbols and chant mantras which i never did when I treated people. I read Quran short suras.

6.) NLP Editor says:

April 23rd, 2009 at 5:40 pm

Interesting blog post. What would you say was the most important factor in using NLP?

7.) sami says:

June 8th, 2009 at 12:57 pm

Dear muslims, some of the teachings of Reiki conflict basic islamic beliefs and it is therefore forbidden.

For e.g. the website www.reiki.org/reikipractice/practicehomepage.html reads "there are higher sources of help you can call on. Angels, beings of light, and reiki spirit guides as well as your own enlightened self are available to help you."

8.) sami says:

June 8th, 2009 at 12:58 pm

Dear Muslims

REiki therapy is not permissible. please refer to this article written by islamic scholar <http://www.albalagh.net/qa/0110.shtml>

9.) Hat Attack says:

September 23rd, 2009 at 7:06 am

In the Name of Beloved, the Compassionate, the Merciful

Dear All,

Sufi healing has been practiced discreetly for many centuries. Some have mentioned that Prophet Muhammad practiced healing, which seems highly likely. Anyhow, as one who tries to adheres to Islam, one should be careful with the practice of Reiki, not

because it's "against Islam", but simply because of the different energy levels. However, there are some Muslims who feel more comfortable with a modality called Sufi Reiki. In the west its called Sufi Reiki, in the east its called Sufi Saints Healing. If you would like to experience Sufi Reiki, please visit www.sufireiki.org.

Thank you.

10.) [Reiki in Islam?](#) says:

May 24th, 2010 at 11:28 pm

Thank you for raising the issue and for the nice tone in your post.

Let me point out two things that most people don't know about Islam, even some muslims, and how they affect the Islmaic vision of Reiki and any similar practice.

1. In Islam we believe that Allah is the only power in the universe, and he is the only one who makes things happen according to his will.

2. Also, any act of worship, including asking for HELP in any aspect of life, is only due to Allah. When we are sick we ask Allah to give us the cure first, then we go to see the doctor, as instructed by Allah in the Qur'an, believing that Allah is the one who can cure us, not the doctors knowledge nor the medicine's power. Any thing other than this belief transfers people from Muslism to non-Muslims.

How this affects the Islamic vision of Reiki:

In Reiki practices, at least in the western Reiki that I am aware of, you draw symblos, whisper their names, call symbols outloud, and ask the universe (the creature rather than the creator) for giving you the power of healing.

All of the above examples of Reiki practices are by difinition associating the symbols or the universe (the creature) with Allah (the creator) in what is supposed to be only due to Allah: calling their names, whispering them, asking the universe (believing they will respond and fulfill our needs) is what transfers people from Islam to any other religion they want.

That goes to any creature, whether it is a symbol, the universe, another human, or even your own desires. In the judgment day Allah will gather those who associated others with Him in the above acts of worship and will ask them to call upon them (the associates), and they will, but the associates will reject the call and seek refuge in Allah.

Lastly, since we, Muslims, believe that Allah is the one who has all the power, and he is the one who gives varying levels of power to his creations, why do we need to ask the creature? We go straight to the source of power and "light" and we ask HIM directly.

We also believe He is the Most Generous. Allah instructed us in the Qur'an to ask him (and him alone) for our needs with certainty that He will respond.

I responded based on my understanding of Reiki, which might not be accurate, but this is what I heard from my western Reiki-practicing friends.

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