

# Reiki and Brennan Healing Science

## Similarities and differences

I practice and teach both of these modalities and often get the question from clients and colleagues as to how these two modalities compare. While I do not like to make comparisons between healings modalities, sometimes it is necessary. I have therefore decided to share my thoughts and experience in this article so people can be better informed.

When a client is drawn to a practitioner I trust that the healing relationship between the two will yield what is needed in the moment. Healing is the result of inner work, aided by tools, the healing container and the healing relationship between the client and the therapist or practitioner.

The therapist or practitioner brings all of him or her self to this relationship, including all prior experiences and modalities learned, whether they are applied or not, they are present in his or her presence and personhood.

The client brings all of him or herself to the relationship, including all life experiences that organize the present moment experience, including the willingness and/or resistance to heal.

So, while we can compare modalities, we cannot be the judge or predict the outcome of a healing session.

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### Similarities between Reiki and Brennan Healing Science

Let me begin my saying that both Reiki and Brennan Healing Science (BHS) work with universal energy or Chi as it is commonly referred to. It has also been called Ki, Prana, Source, etc.

Both modalities are hands-on healing techniques using this universal energy. The hand placements and sequence are different, but both use the major joints and chakras as positions for laying the hands.

Following is a more detailed description of each modality's origin, course content and work methods.

### Reiki

#### Origin

Reiki was created by Mikao Usui, a Japanese monk, who, in the late 1800's, "rediscovered" this ancient healing art that has its origins in Tibet.

Reiki has no prerequisites and it is very simple. The fact that it is learned in short courses and is easily accessible to everyone has greatly contributed to its widespread popularity and use.

Usui taught this healing art in Japan for many years and one of his disciples, Dr. Hayashi, taught it to Hawayo Takata, a feisty Japanese-American woman living on the big island of Hawaii and later moved to California. It was Hawayo Takata that taught Reiki to 21 Reiki Masters from the 1950's to the 1980's. These 21 Masters eventually spread this healing art to the rest of the world.

Hawayo Takata condensed the original lengthy training consisting of 7 initiations into 3 levels, probably to make it more palatable and accessible to the Western culture and also to make this needed healing art available in the rapidly evolving consciousness of the times.

Takata's 3<sup>rd</sup> level was the Master/Teacher Level, at which one could then teach and pass on the initiations to others. The Reiki Alliance still maintains these three levels of training.

Dr. Arthur Robertson, a student of Iris Ishikuro who was a friend of Takata, decided to divide Level 3 into two levels and added an attunement, a ceremony and an additional symbol. He formed the American Reiki Master Association. So under his lineage there are 4 levels to reach the Master/Teacher level.

### Course content

While there are many Reiki associations and organizations, there is no single governing body or a single protocol for teaching. The teachings are handed down from Master to student, as faithfully as each Master is able and willing to do so. This inherently brings inconsistency and variations to the teaching, but generally in my experience, the course content of the traditional system is fairly consistent. What I find varies more is the way in which it is taught. Some teach it superficially and others with great respect and sacredness.

During Reiki training, sacred initiation rituals are transmitted to the student. These initiations or attunements increase a person's vibratory level and open up the energy field which helps to channel the energy more easily. These initiations are a very powerful catalyst for personal growth.

The approach to all dis-ease and disease is the same; no specific techniques are taught to treat specific conditions. The student may be briefly introduced to the human energy field, depending on the teaching Reiki Master. Some, but not all, Masters will teach the students to ground down while giving treatments.

Level 1 is usually taught in 1 or 2 days and includes:

- what Reiki is, what it can be used for
- method of self-treatment
- method of treatment on another person
- 4 attunements.

Level 2 is usually taught in 1 day and includes:

- sacred symbols
- method of distant treatment
- method for mental Reiki
- 2 attunements.

Level 3 in both traditions is usually taught in 1 day and includes:

- the Master symbol
- the Master attunement (called the 3<sup>rd</sup> level attunement in the 4-level system)
- In the 3-level system, the student becomes a Reiki Master and is taught to teach at all levels.
- At the discretion of the teaching Reiki Master, the student is sometimes taught to teach levels 1 and 2, but not the 3<sup>rd</sup> and 4<sup>th</sup> levels

Level 4 includes:

- an additional symbol
- a sacred water ceremony
- Most Reiki Masters in the 4-level system choose to wait until the student has completed level 4 before teaching the student to teach levels, 1-4.

Total course hours vary between 32-50 hours, plus any additional homework and process work that may be assigned at the discretion of the Reiki Master.

### How it works

With Reiki, the practitioner channels universal energy through his or her crown chakra and makes it available to the client through the palm chakras. This is done by laying the hands on positions that closely parallel the endocrine system, the chakras and the major articulations as well as any other part of the body that is in need of healing.

Emphasis is placed on “getting one’s self out of the way” and letting the client’s energy field draw whatever is needed. The energy goes where it needs to go to do the work that is needed and ready to happen. The Reiki practitioner simply allows the energy to move through him or her and does not direct the energy or “pull” things out of the field. No specific techniques are taught; the energy simply does the work. The sacred symbols are used to connect more deeply to the client, to increase the power of the energy flow, and to connect at a distance for distance treatments.

The energy of Universal Love and Divine Consciousness that is transmitted helps to balance the energy field, helps to release energetic, emotional, mental, physical and spiritual blocks, thus enhancing the client’s well-being. The treatment is usually very relaxing for the client.

### Variations and Expansions of Reiki

The system taught by the Reiki Alliance and the American Reiki Master’s Association teach what is normally referred to as the traditional Usui Reiki system. There have been many variations that have since developed by Reiki Masters who have decided to expand on the theme and add rituals, initiations and symbols that they have received. Some of the names include Karuna Reiki, Reiki Plus, Lightarian Reiki. A search on the internet will reveal many more variations.

## **Brennan Healing Science**

### Origin

Brennan Healing Science was created by Dr. Barbara Ann Brennan, a former NASA physicist. At a very young age Barbara was gifted with High Sense Perception (HSP). As her consciousness awakened through personal development work, she began to receive much information from her spirit guide Heyoan and started to work with clients. She eventually wrote her first book “Hands of Light” which has become a classic in the field. Her background in science has given the work a scientific basis.

In 1982, Barbara opened the Barbara Brennan School of Healing in New York State. In the year 2000, the state of Florida recognized the school as an educational institution and so she moved the school to Florida.

### Course content

BHS is taught in a 4-year course which is now recognized by the State of Florida as a Bachelor in Healing Science. The school is currently working toward obtaining national accreditation.

BHS is learned at the school where the learning and teaching is consistent, rigorous and structured. The only thing that is taught outside the school is the introductory workshop where one can get an overview of the healing science and can experience about 10 of the techniques that are taught at the school, including giving and receiving a chelation (healing).

The BHS course is a comprehensive program which includes about 2,000 hours of courses and personal development work with both in-residence and distance learning modules.

Course content includes:

- 20 intensive weeks in residence, 5 in each of the 4 years
- 20 modules of distance learning (homework) and required reading
- Approximately 80 to 100 practice healing sessions
- Approximately 60 techniques to work in and with the energy field
- Integration of 16 psych-development self-awareness and relational skills
- A minimum of 18 personal therapy sessions during each of the 4 years
- Specific techniques to work with specific diseases, such as diabetes and cancer
- Development of personal High Sense Perception skills
- Interpersonal energy dynamics
- Creative arts
- Professional Ethics and Practice
- Anatomy and Physiology
- Complimentary and Alternative Medicine
- Yearly creative arts project

- Case study and presentation
- Senior project

This intensive course content and personal work requires a huge personal commitment. The student learns about personal wounding and dynamics in relationship with the self and others. Much emphasis is put on awakening the consciousness which creates deep awareness and contact with the self. This in turn allows deep contact with the client.

### How it works

In BHS universal energy is channelled through the crown chakra and also drawn up from the earth. Thus, a wider spectrum (frequency) of energy is made available to the client than is available in Reiki.

BBSH practitioners learn techniques to work with the seven levels of the field, to dissolve the energy blocks in the field (aura), restructure lines of light which are the template for the physical body, and repair the energy field of organs and chakras so that they can return to healthy functionality and metabolize universal energy to nourish the human body. Many other techniques are also available to the BHS practitioner.

BBSH practitioners can also access and work in the dimensions of intention (Hara) and essence (Core Star).

### In summary

In summary, both Reiki and BHS healing modalities channel universal energy through the practitioner's energy field to make it available to the client through the laying on of hands on the body joints and chakras. This energy of Divine Consciousness is one that promotes healing for the client.

Reiki is learned in 3 or 4 short courses (32 to 50 hours) while BHS is learned in an intensive 4 year program (2,000 hours).

Brennan Healing Science teaches a more global approach to healing and the healing practice as opposed to Reiki which teaches the basic healing modality within a sacred container, with some encouragement to do personal work.

The depth of personal work and energy techniques gives the BHS practitioner tools to work deeply within the energy field, along with an awareness of the client's individual and relational dynamics. The BHS practitioner can more readily recognize when therapy might be appropriate and suggest this approach to the client in conjunction with the energy work.

Therefore, because of the above, Brennan Healing Science will usually result in deeper work than Reiki with faster healing results.

With all of this said, each client has different needs and the doorway to healing can come in many different healing modalities. The client's disposition is crucial to healing; healing comes from within, often assisted from the outside by way of traditional or complimentary healing modalities.

What the client brings to the healing and the personhood of the healing practitioner create the healing relationship in which the healing process can happen.

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	Reiki	Brennan Healing Science
Origin	Ancient Tibetan art of healing, rediscovered in Japan by Mikao Usui, late 19 <sup>th</sup> century	Created by Barbara Ann Brennan, through personal abilities and guidance
Energy used	Universal chi, transmitted by laying on of hands, on or off the body, using positions on chakras and major articulations Frequency associated with violet light	Universal chi, transmitted by laying on of hands, on or off the body, using positions on chakras and major articulations Full spectrum of healing energy used, including drawing energy up from the Earth.
Training	Energy channelled through chakras 7 (crown) to 4 <sup>th</sup> (heart) then through hands. Some teachers, but not all, teach grounding so that Earth energy is also tapped into 3 or 4 levels, 1 to 2 days in each level, total of about 32-50 hours of training, depending on the teacher. Some teachers give homework and follow up.	Energy channelled through all chakras 7 (crown) to 1 <sup>st</sup> (root) then through hands while the practitioner is deeply grounded 4 years - about 2000 hrs 5 intensive weeks per year, extensive curriculum including creative arts, ethics, healing science and techniques, development of High Sense Perception (HSP), complimentary medicine, personal process work, homework, reading, case studies, graduate project
Initiations	A total of 8 initiations over the 4 levels (7 if learned in 3 levels) that are powerful catalysts for opening energy channel and personal transformation	No initiations. 4 years of intensive work on self and learning energy techniques leads to deep contact with self and other and opening of energy channel
Symbols	Symbols are used to intensify the treatment and do distance healing	No symbols
Distance Healing	Yes	Yes
Work in the energy field	Mostly on the first 4 levels of the auric field	Cellular awareness on the physical level Work on the 7 levels of the auric field Work in Hara (intention) and Essence dimensions
Modality of energy flow	Simply allow energy to flow where it needs to	Various modes of energy transfer, as required