



Reiki Helps to Heal a Lost Soul

BY MARIE-EVE SENECHAL

I HAVE ALWAYS BEEN AMAZED at the limitless experiences we are granted in life. I can tell that I have been served my fair share of learning so far, as exemplified by my daughter's cancer that she fought not that long ago.¹ Yet lately, I have been taken by surprise by the unexpected and again have been drawn out of my comfort zone. Along with the help of Reiki, I participated in releasing a spirit attached to a family and a house.

As far as I can remember, I have always been intuitively aware of the existence of different levels of consciousness. But I have always felt insecure about interacting with lower energy manifestations and lost souls. When I was young, my biggest fear was to accidentally open portals that I wouldn't have control over and in doing so, attract unwanted entities. Of course, the introduction to the Spirit Attachments Technique² in the Usui/Holy Fire ART/Master class I took over a year ago spoke right to the core of that fear. Using Reiki energy to cast a spirit out of a house or even cut the cords of a spirit attached to another being was for some sort of Ghost Busters crew or for well-trained people—not for me. I did not attempt to forget the information right after the training but I did not review it either. At that time, I was far from believing that I would use this technique to help somebody close to me.

The person who offered me an opportunity to step outside my comfort zone was a client who had also become a student. One day after she had completed my Reiki I & II classes, she confided to me that she had been feeling a weird male presence in her house for quite a while. He had the ability to move her belongings in the house and she was convinced that he was watching her all the time and that he lingered in her room every night. After she asked him to leave her house a few times without success, she decided to ask me if it would be possible to cast him out of her house with the help of Reiki. At that moment, I was still afraid to offer my help and I believed that it was not my job to do so. However, I printed out the “Reiki and Spirit Release” document from the ICRT website,³ hoping her attempt would be successful.

Unfortunately, it did not work at all and she came back to me. I started wondering if I could do something for her through

a distance Reiki session. I decided to go back to my manual and read about that Healing Spirit Attachment again. It reassured me to be reminded that the Holy Fire has dominion over unhealthy spirits and that the entire process would be released over to Jesus or the Holy Fire itself.⁴ I didn't want to be on the front line helping my student and to be at risk myself. Still, it took me a day or so to make up my mind. I did not expect it to become an amazing experience of love and surrender not only for the spirit but also for me.

The morning I chose to help release the spirit, I took a clock, my manual and my courage into a quiet room in my house and I carefully followed all the steps of the “recipe” that I had reviewed the day before. I felt like I was on a special commando mission. I first carried out a five-minute self-Reiki session. Then, as soon as I started drawing the HSZSN in the air intending to create the bridge between my place and my student's, I felt the greatest love connection I have ever felt. At that very moment, I knew that I had started a process and there was no way of stopping until it was complete. Simultaneously, I received the insight of the spirit—an aboriginal man, maybe in his mid-fifties when he passed away. But first and foremost, I received an impression of his fear through my body. I was nervous certainly but not to the point that I was experiencing my heart racing out of my chest and goose bumps. I was seeing him as a deer—frightened and blinded by car lights on the road. This imagery didn't last very long and right away I received the instruction not to focus on this emotion but instead on the work I had to do. So I did, with the help of the Holy Fire symbol I was about to draw next.

I believe it was then that I received a better idea of the power of Holy Fire. I experienced its imposing Divine loving presence: strong but gentle at the same time. I had a vision of myself being merged into the symbol and burning with the spirit of the Holy Fire. My chakras were aligned with that energy, my cheeks were burning and my third eye chakra opened. Instantly, I was in communication with Jesus and the Advanced Masters I had already called upon to help in the process. Holy Fire was me and I was Holy Fire, just as one team. I was completely shielded by it and protected. Then it expressed its force through me. The flow of

the energy that was going out of my hands was twice as strong as usual. The fear I had felt at the beginning vanished and was replaced by Divine Love. The Holy Fire Reiki and I had the same goal of helping the unhealthy spirit.

I didn't control anything, just followed the instructions. These were coming through me as images, as impressions and sometimes as clear answers to the silent questions I was asking, for example "Is it time for the next step?" I received a very clear "No, keep going. We are not done yet." My hands were very good guides as well—through them, I was able to perceive changes in the energy vibration. At the beginning of every step, I felt the energy flowing quickly in my hands. When it was time to say the next prayer, the energy faded.

Through the process, I felt the spirit's emotions, but remotely, like a witness. I saw his denial of being dead and his refusal to go with the Advanced Masters, all the while receiving an impression of his sadness. Finally, I witnessed his surrender. I'd been allowed to have a clear image of his face grinning at me in gratitude for being a part of the process of releasing him. I felt gratitude too for being able to help and experience this with the Reiki energy. A few tears trailed down my cheeks, tears of pure joy and pure amazement at what I had been allowed to witness.

I knew the work was far from over. I had to ask for a cleansing of the house and the healing of the whole family. I sent Reiki until I had a strong message that the spirit was cast out of the house and guided to the Light to heal himself, and that the energy would shift in the house. Right away the Reiki energy started to fade from my hands and I received the insight to disconnect and regroup a moment. Directly afterwards, I texted my student to hear her input about the energy in her house. She confirmed that the energy had shifted. The eeriness and heaviness that she had felt before was gone.

I understand that this healing story is far from common and maybe sounds eerie or even scary to some of you. I could have said "no" to this request and my free will would have been respected, just as you could do in a similar situation. Why was I chosen? I don't know. My student knocked on my door for help. Maybe she felt that I was at least ready to listen to her even though I was not yet fully ready to accept the responsibility. I received a great call to help and I am glad that I did. Besides the personal benefit of being pushed out of my comfort zone and helping me realize how intuitive I am, I experienced a real trust in the technique and an important reminder to trust what is divinely guided and to not get involved in the ego's stressful emotions. Thank you, William Rand, for sharing it with us in the manual.

I have been asking for years "How can I serve?" I received an answer to that question on the day my student shared her problem with me, but I did not see it right away. However, I was reminded that day to surrender to the answer. Reiki energy helps everything and everybody. I have learned not to have a preconceived answer in mind but to listen for the answer with all my heart and be open to expect the unexpected. My student needed help and so did that spirit. We tend to forget the connections we have with each other sometimes. "There's no separation except in our own minds" writes author and inspirational speaker Anita Moorjani.⁵ The memory of the whole Universe is imprinted in every cell of our body. I have been reminded that by participating in healing that spirit, I was also healing myself, others and even the Earth all together. In that way that experience is a testament of the great loving action of the Reiki energy.

One final note—the night of clearing, I didn't feel exhausted at all, even though I had a lot to process. Empty-minded, I was about to quickly scroll down my Facebook news feed when I suddenly felt compelled to stop on Doreen Virtue's post, where I saw a sample card from one of her many wonderful card decks. It was a picture of Jesus, his arms opened, with a quote from Matthew 25:21: "Well done, thou good and faithful servant." Was I getting a thumbs-up from Jesus Himself? This may have been no more than a coincidence, but still, it made me smile for the rest of the night and gave me the feeling of a mission well-accomplished. 🌸



Marie-Eve is an Usui/Holy Fire II Reiki Master Teacher who lives in Saskatchewan, Canada. She has practiced Reiki for 25 years and started her professional practice three years ago. She also has a Master's Degree in Philosophy. She can be contacted by email at reikisask@sasktel.net, on her website at www.wascanareiki.com and by phone at (306) 789-9243.

Endnotes

- ¹ See "Coping with My Daughter's Diagnosis of Cancer," *Reiki News Magazine* Summer Issue 2017, 24.
- ² William Lee Rand, "Healing Spirit Attachments," in *Usui/HolyFire Reiki Master Manual*, rev. ed. (Southfield, MI: Vision Publications, June 2012), 26–27.
- ³ www.reiki.org/reikinews/improvepractice.html.
- ⁴ Rand, *Master Manual*, 26–27.
- ⁵ Anita Moorjani, *Dying to Be Me: My Journey From Cancer, to Near Death, to True Healing*, Carlsbad, CA: Hay House, 2014) 117.