

Healing Reactions

BY MARIANNE STREICH

The Reiki healing process takes many forms. In addition to physical healing, the healing process may bring about realizations that can be deeply emotional for the client. It may awaken the client to the need for life-style changes. It may cause the client to embrace values long suppressed. It may result in significant changes in all areas of life as the client progresses on his or her healing journey.

Whatever its path, the healing process may be preceded by an event called a Healing Reaction or a Healing Crisis. A Healing Reaction (the term I prefer) is the occurrence of physical symptoms following a Reiki treatment or attunement. Reactions can manifest as headache, nausea, cold or flu-like symptoms, gastrointestinal upset, mental or emotional upset, or a temporary intensification of the symptoms of a chronic condition or illness. A Healing Reaction indicates that the body is detoxifying in preparation for healing. Symptoms are more likely to manifest if the client (or student):

- has not received healing treatments previously.
- suffers from a chronic condition, or a condition that has existed for more than three weeks.
- experiences a chronic high level of stress.
- suffers from post-traumatic stress.

Generally, healing reactions do not last more than a few days, but can continue for a week or longer.

My personal experience with Healing Reactions.

I experienced a weeklong reaction following my Master attunement. It manifested as extreme fatigue, feeling scattered mentally, and tumultuous emotions. After the reaction passed, the resulting healing was so profound that a friend remarked that I was a “different person” after the Master training. I had gained confidence in my practice of Reiki, and I felt a calm certainty about my purpose and my path as a healer.

What Mrs. Takata said about Healing Reactions.

Mrs. Takata expected Healing Reactions and welcomed them. She herself experienced severe gastrointestinal upset during her initial weeks of treatment at Dr. Hayashi’s clinic.




Reactions were probably more frequent in Takata’s clients because fewer people had experienced energy work in her time and because she worked with many seriously ill clients. She remarked of one client that he was so ill she had had to give him three treatments before a healing reaction ensued. In one instance she treated a person incapacitated by untreatable epileptic seizures. The seizures became more frequent and more severe for a time after Reiki treatments began; however, the client was ultimately cured after some months of receiving Reiki treatments at frequent intervals.

What I tell clients about Healing Reactions.

Healing reactions occur infrequently in my practice of Reiki; however, I always make clients aware of the possibility. I include the following statement in a self-care handout I give to clients following their first treatment:

Note: After a Reiki treatment you may experience symptoms such as headache, nausea, fatigue, or emotional upset. This is sometimes called a Heal-

ing Reaction and is usually an indication that the body is detoxifying itself in preparation for healing. It is also an indication that more Reiki is needed. Should a reaction occur, drink plenty of water, get lots of rest, and generally be kind to yourself. Such symptoms happen infrequently and typically dissipate within a few days. Please call me if you have questions or concerns.

Within 24 hours of an initial treatment, I call the client. This gives the client an opportunity to express concerns and me the opportunity to address them. 

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You are invited to share your Reiki wisdom in this space as well. Articles are to be a maximum of 500 words and should be submitted as Word documents by email to: GTMFR@reiki.org