

What is Shamanic Reiki?

Shamanic Reiki combines the Japanese healing energy technique Reiki with Shamanism, one of the oldest and innate forms of spirituality. The combination of the two modalities is activated by intention to bring about guidance and healing. Both Reiki and Shamanism work with the field of unified energy that encompasses us all and can transcend time and space. Reiki for many who practice is a spiritual path, Shamanism too becomes a way of life for those who follow the Shamanic path. Each modality has a great respect for all living things.

Reiki

As practitioners already, you don't need much of an introduction to Reiki – this is just a recap.

Reiki is a system of healing and spiritual path that works with universal life energy for the highest good. Reiki originates in Japan from Dr Usui and is passed down via a lineage of masters and practitioners. Each practitioner is attuned to Reiki by a teacher (master). Reiki is channelled through the practitioner and is activated by intention. The most common technique is the laying on of hands with a light touch with set hand positions. However, many practitioners are guided by intuition and many other ways of sending Reiki healing exist such as beaming Reiki without touching through the hands, with the eyes, with the breath, with the use of symbols, the voice or even movement. Reiki is an intelligent energy and works for the highest good it can do no harm.

Introduction to Shamanism

Shamanism is one of the oldest forms of spirituality in the world and some may even call the practice of Shamanism a connection to our true nature. Today we tend to think of the indigenous tribes of South America, Africa and Siberia when we think of Shamanic cultures. The concept of a village medicine man or woman might come to mind. These indigenous people do still honour their Shamanic lineages, however it's likely that in the western world, our ancestors were Shamen too. We have lost our Shamanic heritage replacing it with doctors, vets, priests, dowzers, mediums, philosophers, writers, artists, herbalists, politicians, counsellors and so on. Shamanism is the creative practice of embodying and communicating with the vibratory consciousness that runs throughout the universe, that is nature, that is US!

Shamanism works in harmony with the spirit of all things and calls upon the forces of nature for healing in order to maintain the balance between man and nature in the community. Shamanic cultures have an animistic belief that there is spirit in everything. This interconnectivity with all of life creates a sense of magic and connection. Spirit is in everything and infuses life. Today we might think of this as everything having a consciousness.

A Shaman calls upon the helping spirits in order to navigate other worlds and dimensions to bring about healing or receive guidance for the community or client.

The Shaman and non-ordinary reality

It is said that the Shaman walks with one foot in the spirit world and one in this reality. The shaman has to walk between worlds to access power, energy and wisdom.

Accessing these other worldly places is referred to as a journey. The Shaman's journey is a conscious daydream fuelled by our imagination and experience.

Shamanism in the 21st Century

Traditional lineages of medicine people have been lost in the West. This is why we have Shamanic Practitioners who train in core techniques which are based on those practiced in indigenous cultures. The 21st century practitioners are rebuilding the culture that brings alive this innate way of being so we can be conscious co-creators again.

Shamanic Reiki - How does it all combine together?

I see Shamanism as a natural extension and accompaniment to Reiki.

Both Shamanism and Reiki are:

- Spirit Led – Be open to the nudge of spirit during your work and access your intuition.
- Guided - No hand positions - go with what moves you.
- More interactive – This may include a discussion with your client, guided visualisation or client participations in the treatment. So client's don't necessarily just relax on the treatment couch, receive healing and fall asleep.
- Empowering for the client – A client will be directly involved with their own healing - not just receiving - this deepens relationship with client.

Working with Shamanic Reiki will:

- Strengthen your relationship with your guides and your intuition
- Revitalise your relationship with the living world around you, the elements, plants, birds, animals etc.
- Open up your physical and intuitive senses to a broader way of connecting to and practicing Reiki.
- Strengthen your connection to and understanding of Reiki energy.
- Provide you with a new healing tool to offer clients
- Bring different clients to your practice who are interested in the drum.

What is Reiki Drum?

This Shamanic Reiki technique combines the use of a handheld drum with Reiki and the Reiki symbols and mantras learnt at level 2 to introduce Reiki into a client's energy field. The beat of the drum reminds the energy field of its optimal vibration. This can help bring about homeostasis in the body and induce a feeling of deep relaxation, releasing deep-seated tension.

Practitioners also use the drum to enter the journey state to obtain information and guidance to assist the client. Various techniques are used when combining Reiki and the Drum.

Reiki Drumming is a trademarked therapy which uses the Drum and Reiki. This was developed by Michael Arthur Baird in 1999. I learnt this technique in 2009 and have since further developed my shamanic practice to include further techniques.

Ways to Use Reiki and the Drum

There are many ways to work with Reiki and sound instruments like the drum.

The most simple way is to ask for Reiki to flow through you for the highest good before you pick up the instrument.

You may also charge your drum with the Reiki and the Reiki symbols if you have been attuned to them by holding your hands over the drum head.

Allow yourself to be guided by the sound and by the flow of Reiki and your spirit guides who you will encounter along your journey.

You use the drum and Reiki for techniques such as:

- Space clearing and energising
- Reiki Drum Journey (for guidance and to heal personal or client issues such as power and soul retrieval)
- Reiki Drum Healing technique to help shift stagnant energies, create change and promote relaxation.
- Distance healing treatment.
- Reiki Drum Mindset Reprograming.
- Nature connection.

These techniques are all covered in my certification course [Shamanic Reiki Level 1 Drum Training](#)

What happens when we drum for ourselves or a client?

- Drum beat helps you attune to your intuitive frequency or that of the client
- The drum can help you to find the stories and patterns (frequencies) that you or a client are holding and find a way to set them free to bring the vibration back into alignment with the vibration of the universe.
- Information will be revealed, guides may appear.
- Together with the drum you and your guides are restoring wholeness and belonging.