





# Forgiveness and Reiki

## Healing Beyond Time and Space

BY VALERIE ROSE

“TO ERR IS HUMAN; to forgive, divine,” penned Englishman Alexander Pope in 1711. We are all divine beings having a human experience. Still, it’s easy to lose sight of our divine nature with the stresses of personal and global challenges. The practice of forgiveness, using Reiki energy, is an exquisite path for awakening and remembering our divine wisdom. Reiki can help us embrace our humanity with compassion, releasing ourselves from suffering. With the wisdom of Reiki, we can choose to forgive ourselves and others with skill and discernment.

Forgiveness is about liberation, not excusing or minimizing dishonesty, trauma, and harm. In her 2013 novel, *The Storyteller*, Jodi Picoult wrote in a character’s dialogue, “But forgiving isn’t something you do for someone else. It’s something you do for yourself. It’s saying, *You’re not important enough to have a stranglehold on me.* It’s saying, *You don’t get to trap me in the past. I am worthy of a future.*”<sup>1</sup> Nelson Mandela, the former president of South Africa and a Nobel Peace Prize recipient, once said, “As I walked out the door toward the gate that would lead to my freedom, I knew if I didn’t leave my bitterness and hatred behind, I’d still be in prison.”<sup>2</sup> What breathtaking wisdom! With Reiki, we can learn to practice this clarity and self-liberation.

With compassionate self-awareness, observe where your thoughts get stuck in ruminating over past hurts. Reliving arguments and replaying mistakes takes up an amazing

amount of time and energy. It’s a human habit to revisit situations in our minds, but this keeps us prisoners of the past. Reiki can help us keep the useful information while releasing the emotional charge and the desire for retribution.

When I find myself ruminating over a past hurt, I first invoke the Master Symbol, DKM, to send compassion to myself. This action softens my heart, allowing me to interrupt the cycle of pain and blame (if I was wronged) or pain and shame (if I acted in error). Compassion reveals

and dissolves pain, opening the door for forgiveness and healing. I ask forgiveness for myself, for holding onto grudges and painful experiences. Again, this is not to minimize trauma, but to liberate me from its grip.

Then I call on the Distant symbol, HSZSN, to send divine forgiveness to the painful event(s). Where I used to replay past trauma details, I now ask for healing for the entire situation. I turn it over to Reiki rather than getting caught up in blame, details, and recriminations. Since Reiki operates beyond time and space, this healing

can be sent to any situation, no matter how distant. I ask Reiki to include healing past life trauma, since unresolved karma often manifests in present-day problems with health, finances, relationships, work, and more.

Colleen Benelli, a Senior Licensed Reiki Master Teacher for the International Center for Reiki Training, shares a powerful perspective on the healing power of Reiki. She notes that the healing power of Reiki allows wounds and

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worries to be “taken into the light of pure consciousness, where they are heard and healed all the way to their original causes.” This deep healing is a gift from Reiki.

The more I call Reiki to heal trauma, the more ease and spaciousness I experience instead of rehashing the past. Physical movement is a powerful, direct way to integrate this energy shift. I am guided to recommend many practices for myself and my clients: yoga, Tai chi, bicycling, swimming, and other forms of exercise can be enlivening and grounding. In my practice, I often use the Reiki Moving Meditation to integrate forgiveness healing. In the Usui/Holy Fire® III Reiki Master Manual, ICRT founder and president William Lee Rand explains the value of the meditation: “This exercise helps anchor Reiki into the aura and physical body, creates a strong connection with the earth, heals the lower chakras, helps you become more centered in your own power, and brings mental clarity.”<sup>3</sup>

When working with clients who wish to engage in the powerful practice of forgiveness, I begin by asking what the word forgiveness means to them. They often describe an obligation to minimize hurtful actions, and say things to keep the peace. They describe being told to “forgive and forget” while ignoring their pain, dismissing their distress, bypassing their needs. I invite them to consider the insights of Nelson Mandela and others: forgiveness as liberation, a path to reclaiming personal power, a gift to themselves.

Sometimes clients are not interested in, or ready for, the process of forgiveness. The energy of DKM or HSZSN may bounce off their energy field. When that happens, I gently ask them to breathe into their heart and share what’s coming up for them or what they’re experiencing in their body. When they share their resistance, such as, “I just can’t forgive myself/can’t forgive them,” I ask Holy Fire® to gently envelop them in self-compassion, guiding them to breathe compassion into their hearts. Later, they can revisit the path of forgiveness if they wish. Free will and choice are key to any Reiki healing path.

When dealing with deep trauma such as post-traumatic stress disorder (PTSD), it may take layers of healing before someone wishes to consider any form of forgiveness. Forgiveness is an invitation, not a command. And forgiveness should not be prescribed as a form of spiritual bypassing

(using spiritual practices to avoid dealing with conflict and trauma). Wounds must be acknowledged and understood before they can be healed and released.

This process is ongoing, not a “one and done” fix. When I find myself returning to resentments and hurts, I invite the Reiki Master symbol DKM to bathe me in compassion for being human. Then I call on HSZSN to send forgiveness to myself and the painful situation. Finally, I integrate the energy shift with a Reiki Moving Meditation, exploring nature, or a mindful visit to the gym. The path is challenging, but the rewards are profound—experiencing authentic presence in the world, grounded in our true nature as divine beings. British singer and songwriter Zayn Malik says, “There comes a day when you realize turning the page is the best feeling in the world because you realize there’s so much more to the book than the page you were stuck on.”

Next time you find yourself revisiting an old wound, explore this practice: call on Reiki for compassion and forgiveness for yourself, then the situation, followed by integration with some form of mindful movement. You may experience gratitude to Reiki for this healing path and releasing the past, a pathway back to your authentic, divine nature. ■

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### Endnotes

- <sup>1</sup> Jodi Picoult, *The Storyteller* (New York: Washington Square Press, 2013), 518.
- <sup>2</sup> Widely quoted but no authentic source for this attribution is yet found. According to some sources, this quote was written by Mandela after being freed in 1990 from 27 years imprisonment.
- <sup>3</sup> William Lee Rand, *Usui/Holy Fire® III Reiki Master Manual, Online and In-Person* (Southfield, MI: Vision Publications, June 2020 Revision), 24.