



# Reiki for Healing the Inner Child

BY MONICA AUGUSTINE

AS I BECAME MORE AWARE of the important role our Inner Child plays in our lives and how it contributes to our joy and overall happiness, I felt guided to send Reiki to the Inner Child using the Distant symbol. I love using this technique!

Inner Child work is a very powerful and helpful tool for living in our wholeness and joy. As I sensed guidance to do more recognition and acknowledgment of my Inner Child, I felt inspired to send Reiki specifically to my Inner Child and do the Spirit Release technique on her directly. The Holy Fire® Reiki Spirit Release technique is a powerful and compassionate method, in which God's love expresses as the light. The light shines on the spirit immersing it in the power of love and the grace of forgiveness, and the spirit releases willingly from the client into the light where God heals it.<sup>1</sup> What I found using this technique was very exciting, as Reiki always is.

First, I prepared my space and called in Holy Fire® Reiki. I asked my Inner Child if she would like Spirit Release for any mental, emotional, spiritual, or physical attachments she may have collected over her lifetime. She replied with a quick, "Yes."

As I welcomed in Reiki, I intended the Distant symbol to connect with her and any negative energies or spirit attachments that led her to feel afraid, doubtful, or insignificant. After about three minutes, I was aware of an energetic lifting and lightening. I could see and feel these energies being taken up to the third heaven and above for transformation and healing. The third heaven and higher is where it is possible to heal the ego completely and become a pure expression of God's love, awareness, and power.<sup>2</sup>

Mentally, my mind felt clearer. It felt as if it retrieved and integrated subconscious memories from long ago, like finding missing pieces of a puzzle and putting them together. Spiritually, I experienced an opening of the crown chakra and expanded awareness of the spirit realm. Physically, my body felt lighter and somehow more flexible. Emotionally, my heart, or fourth chakra, felt soothed with a deepened and new sense of trust, and childlike joy. I was shown playful images of dancing, running, and playing outside among the flowers and trees.

I did this process for about 20 minutes before noticing that Reiki was ending the session. My Inner Child said a big "thank you" to Reiki for helping her release these energies that had held her captive. It felt like when a child makes a gift and is so excited and proud to give it to their teacher. There was a sweet innocent recognition and gratitude for what we released. She was so grateful to the adult me and Reiki for the time spent with her and the attention given.

After this initial session, I did this process several times and have now made it a consistent self-healing session whenever I notice my Inner Child needing some tender loving care.

As a result of these sessions, I have noticed my interactions and efforts in this physical world have a new sense of ease and joy. I have a renewed sense of optimism and hope. It's very exciting! I wondered, "Why didn't I think of this sooner?" Then, intuitively, I quickly heard that "Everything comes at the right time when the person is ready." The information and guidance each person needs are there when the time is right. The spiritual message reminded me of a famous saying, "When the student is ready, the teacher appears." I love this saying and have found it to be true so many times in my life.

If you'd like to do this practice or healing session, you can lie down or sit up. Check in to see that you are comfortable. Ask your Inner Child how it is doing today. Truly listen to the answer and respond thoughtfully and helpfully, saying the adult You is there for it. Ask if it would like a Spirit Release process. Listen to what it says. If it needs an explanation of what that means, explain what the process may be like and that it is different for each person depending on what they need, just like a regular Reiki session.

Begin your session with Gassho and follow the Spirit Release process in your Reiki Master manual. I open my heart, mind's eye, and crown to the guidance of Reiki when giving a session on myself or my clients. It's a beautiful and amazing process to see come through.

Once you notice an inner shift and feel that the session is closing up, express gratitude to Reiki and your Inner

Child. Use the Distant symbol to send any remaining energies to the third heaven and above for healing. I draw the Power symbol over the area where the Inner Child lives. For me, this is in my abdomen. I then take a couple of minutes to sit quietly, to sense how my energy field and the Inner Child's feels different.

To finish, ask your Inner Child if it would like to share anything with you. Sometimes, I've noticed it will say "yes" and share, and sometimes it will just want to relax and be alone. It's a very beautiful inner event to respect, love, and acknowledge this part of ourselves through Reiki. It's a sure way to build trust and joy in this relationship.

If you use this technique, it will help you learn to become aware of where in your body your Inner Child lives. It may be one place, or it may move between locations. Trust what you hear, see, or sense. For me, I notice my Inner Child lives in my left side, near my pancreas and spleen. Typically, this location is where she hangs out. I notice that when she is feeling safe, happy, and more integrated, she aligns with me up through the center of my body and in my heart chakra area. This feeling is a pos-

itive sign that she wants to be more a part of life and is feeling excited. You may notice a similar experience.

I hope you find this practice is as healing and powerful for you and your Inner Child as it has been for my clients and me. As always, thanks to Holy Fire® Reiki for its beautiful, loving presence. ✨

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Monica Augustine is an Usui/Holy Fire® III Karuna Reiki® Master Teacher, as well as an Intuitive Reader and Life Coach. If you'd like to learn more about how to train and strengthen your intuition and how to use it with your Reiki clients, or if you'd like a personal session on the phone or via Zoom, you can visit Monica's website at [www.energia-transformyourlife.com](http://www.energia-transformyourlife.com).

#### Endnotes

- <sup>1</sup> William Lee Rand, *Usui/Holy Fire® III Reiki Master Manual*, (Southfield, MI: Vision Publications, May 2019 Revision), 28.
- <sup>2</sup> *Ibid.*, 55.