

Reiki Heals Repressed Memories

BY MONICA AUGUSTINE



DURING A RECENT Reiki and Intuitive Life Coaching session, I was helping a client gain clarity on memories to help her understand why she felt she was never enough and was continually seeking outside approval and scared to be alone.

After I prepared the space and finished our opening prayer, a guide I know as “Divine Love” inspired me to use the Reiki Distant healing symbol. When I focus on my heart and listen to Divine Love, I feel a profound peace in knowing this support is available both to my clients and me. This support is a relief, as I can sometimes get in my head and feel pressure I won’t be able to support this person in the way they need. When I tuned into Divine Love, I kept hearing, “It’s not about you. Just be open, listen with a pure heart, and deliver any information shown with care and kindness.”

Before this occasion, I had only thought of using the Distant symbol for remote Reiki sessions. However, as I tuned into what information would be most helpful for this client, I kept hearing to use this symbol and treat this session like a dis-

tant Reiki session. This symbol is a way to access unresolved memories and realize subconscious tensions and blocks that resulted from these experiences.

So, I tuned into my heart where I find true information, free of personality and mental chatter, and called in the Distant symbol. I listened for what would be helpful for this client at this moment. What would bring clarity and insight to help her experience more freedom and less fear and self-doubt?

After a couple of minutes, we were guided to when she was eight years old and an incident of sexual abuse by a relative. She had never felt comfortable around this relative, but she hadn’t known why. Now she knew. She also saw the connection of this incident with having an inferior body image.

Also, she remembered her mom yelling at her in the grocery store for the tiniest little transgressions, such as dropping a can of soup from the shopping cart. She saw how this made her very anxious and set up a pattern of looking for outside approval to feel safe.

She saw a mental image of her grandmother and her mom, who, whenever she would set boundaries for herself growing up, would say, “Shame on you.” My client would then break her boundaries to align with them. This memory helped her understand why she has had a challenging time setting clear boundaries with herself and others.

After seeing these memories, my client felt the beginnings of a new sense of self-love and self-approval. She also came to understand how empathic she is and how this led to her taking on others’ feelings and opinions as her own. By seeing this, she could note the pattern and be careful to differentiate what is hers and what is coming from others.

One thing I learned from this experience is that clients will see what they need to know when the time is right. We receive the necessary insight when we are ready and able to handle awareness of painful memories that are associated with the original trauma. Until then, our psyches store memories as tensions and blocks. When the time is right, these tensions and blocks signal us to look deeper.

The right time doesn’t mean that realizing these repressed memories is easy. So, I remind clients that the experience is in the past and they are here now in the present where it is safe. By maintaining an awareness that they are in the present moment, they can see what happened and see it without reliving it. This ability to observe is a skill.

If strong emotion comes up, I encourage clients by pointing out they now have skills to deal with the experience that they

didn't have when this past event happened. They also have the security of knowing it is in the past, and we are in a safe place now to explore it. By mindfully viewing what happened, they can process it in a way that releases the emotional charge so they can enjoy a new, more empowered response.

If they cannot observe an emotionally-charged experience in this way, I encourage them to schedule an appointment with a therapist or counseling professional.

In this session, I found that the Reiki Distant symbol brought information from this client's energy field to help her gain the clarity and insight she needed to perceive the pieces to the inner puzzle around her self-doubt and fear. She said she felt so much better after the session, realizing that it is up to her to develop new healthy habits around these insights, and to catch the old patterns when they arise. Understanding how these habits developed was helpful.

Since this session, I now use the Reiki Distant symbol in all my sessions to call forth the information needed for each client. I have learned to trust what comes through and that what needs to come through at the time will. Reiki knows what each client needs at each moment.

So, if you are looking to gain more insight for yourself or a client, try using this symbol and tune into your heart or wher-

ever you can observe and listen and notice what arises. Encourage your clients to tune-in. When information comes to me for my client, I like to say, "Does this mean something to you, or does this resonate with you?" This phrasing empowers the client and helps them build confidence in themselves and their inner knowing.

I now see that the Reiki Distant symbol is like a bridge that not only remotely connects us to clients, it also connects us to memories and experiences across time. I hope you find inspiration for using this symbol to access helpful information for yourself and your clients, knowing that Reiki always works for the highest good with perfect timing. 🌿

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