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Reiki and Homeopathy

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I LEARNED ABOUT REIKI in March 2021 after losing one of my beloved dogs to cancer three months before. He was a very calm dog with incredible docility and tenderness. And I always cared for him by providing organic dog food, homeopathy, and herbal medicine whenever needed.

We used to call him our “good vibes dog.” For all these reasons, I could not understand the underlying causes of his illness and the terrible diagnosis he received by the end of 2019. After the diagnosis, I provided all the homeopathic and holistic treatments I was familiar with and he lived very well for an entire year.

My questions about the causes that led him to the illness remained after his passing. During this time, I found Reiki. After some brief research on the subject, I took Usui/Holy Fire® III Reiki I&II, and I found the answers to most of my questions. I understood that our energy plays an important role in our lives and health and affects all those around us. When I took the ICRT Animal Reiki course, I under-

stood that all that happened to me had a more significant purpose: to enhance and expand my animal healing tools. So, I continued to deepen my studies of this wonderful “art of inviting happiness.” At some point, I realized Reiki had many similarities with homeopathy, a form of medicine I had studied for a long time.

What is Homeopathy?

In their article, “Homeopathy: History and Fundamentals,” Rosilene Santos and Fábria Maria Pereira de Sá state homeopathy is a science that originated from the Hippocratic medicine of ancient Greece, with which it shares many principles. Both systems consider disease as arising from an energetic imbalance in the body.¹

Homeopathy was conceived in 1796 by the German physician Samuel Hahnemann (1755-1843), who was an experienced physician, chemist, mineralogist and botanist, and an able translator of eight different languages. He

abandoned medicine because he was dissatisfied with the medical practices of the time and turned to translating. When he translated William Cullen's *Materia Medica* he became curious about the explanation given for the action of *China Officinallis*, a widely used drug to treat malaria. He tried it on himself and noticed that the drug caused, in healthy individuals, the same symptoms of the disease it is meant to cure.

Hahnemann discovered that patients with specific diseases were curable with substances that produce similar toxic effects. He termed this principle the "law of similars," otherwise known as "like cures like." This principle forms the basis of homeopathy and is the basis of the name "homeo" meaning "similar," and "pathos" meaning "disease." Although the ancient Greek physician Hippocrates, the founder of Western medicine, was the first one to present the idea of curing like with like over 2,000 years ago, it was Hahnemann who made this principle into a system of treatment.² From then on, he continued his research in this area and returned to his clinical practice and adopted homeopathy as the only method of treatment in his daily medical routine.

Is Homeopathy Similar to Reiki?

I learned in my Reiki training that Reiki is a safe and gentle therapy that activates the parasympathetic nervous system to heal body and mind. A quick search on the internet will show scientific articles demonstrating that the sense of deep relaxation provided by Reiki reduces stress, pain, and anxiety and provides emotional and spiritual well-being. To better understand how both techniques—Reiki and homeopathy—relate to each other, I would like to introduce the concept of "vital force," or vital energy, used in homeopathy.

Hahnemann defined vital force as the intangible and invisible essence that constitutes the human being and animates the whole body, forming an indivisible unit that maintains health and cures diseases. Thus, vital energy is an immaterial energy that maintains life. As Hahnemann

explains in his book, *Organon of the Art of Healing*, in a state of health, vital energy keeps all organic functions working in perfect harmony. In other words, the benefit of this energy is to provide a state of dynamic equilibrium or homeostasis, which is a synonym for health. In a complementary way, an alteration in vital energy that generates unbalance is the true cause of illness.³

As a homeopath, I understand illness as a reaction of vital energy to the effects of external agents or influences that are harmful to health. It is a response of the organism to harm of any nature, to re-establish its balance. In this sense, if the vital energy is strong enough, the body will return to a state of health quickly and efficiently. Therefore, health and disease are the two sides of the same coin.

It is also important to point out that the body's response to an injury is not only physical but also manifested in the totality of organic functions, originating from spiritual, emotional, mental, and physical imbalances. This idea becomes clear in my veterinary practice when I meet animals that fall ill after trauma or loss or even when they live in a house where there is much quarreling between the guardians.

Similarly, as explained by Hahnemann, the concept of vital energy explains the therapeutic effect of diluted and dynamized substances from his observations of repeated cures after administration to patients.⁴ It is known that the homeopathic remedies, which have vegetable, mineral, and animal origin, are submitted to a dynamization process (process of dilution and succussion), being ultra-diluted substances that treat the patient through a different mechanism when compared to conventional drugs. These ultra-dilutions make it statistically improbable to find a single molecule of the active ingredient or solute in them. So, the way homeopathic drugs work is different when compared to the pharmacological and biological mechanisms of conventional drugs, since what's left is the energy of the substance that will act to balance the individual's energy, according to its similarities.

By acting at the energetic level, both homeopathy and Reiki can provide a profound healing process, changing the very nature of the individual that predisposes to developing specific sorts of illnesses.

Under these principles, I understand that from the homeopathy viewpoint, it is the organism itself that accelerates and dynamizes its vital energy in order to promote the necessary changes to re-establish the lost health and balance, thus activating the self-healing process. The re-establishment of balance also modulates the immune system, allowing it to fight any eventual harm and keep the organism balanced and healthy.

In my experience, although vital energy can heal, given the imbalances to which all beings are exposed, we often need external help to return to health. This is where the homeopathic remedies come in. They act to restore the lack of harmony caused by illness by balancing the vital energy and re-establishing the organic state of equilibrium. In other words, the energy present in the homeopathic remedy acts in such a way as to make the organism once again capable of promoting its own self-healing, which, from my point of view, is similar to what happens with Reiki energy.

As known, in a Reiki session, the practitioner channels the energy. When it reaches the receiver, this energy will act to restore balance on all levels: spiritual, emotional, mental, and physical. As Hahnemann explained in his book, vital energy is necessary for health in the physical body. For this reason, imbalances in one's vital energy can lead to the development of disease.⁵ Ruy Madsen also explains this in his book *Basis of Homeopathy*. Contrary to what many believe, becoming ill does not occur only at

the physical level nor for merely physical reasons, such as viruses, bacteria, and even accidents. All living beings are constantly affected by a series of stimuli, not always positive. It can cause an energetic imbalance that will reflect in our daily lives, and this is the key to why problems develop. So if we can act at the subtlest level, we will prevent disease from reaching the physical level.⁶

In a Reiki session, while the practitioner seeks to balance the patient's energy flow, the relaxation and stress reduction provided by the flow of Reiki energy re-establishes the recipient's balance. Once the balance is restored, the body can reactivate its self-healing capacity, thus re-establishing health.

By acting at the energetic level, both homeopathy and Reiki can provide a profound healing process, changing the very nature of the individual that predisposes to developing specific sorts of illnesses. The energy will act on all levels, from the spiritual, emotional, and mental levels, until reaching the physical level, and this deep action will provide the equilibrium for the individual's internal healing mechanisms to be stimulated.

When I realized this complex healing mechanism more deeply, I could understand why my dog became ill and why so many pets become sick, often without an obvious cause. Our beloved animal companions are constantly receiving the energies of the environment in which they live, where there are lots of anxiety and worries present in their daily lives, which end up being reflected in their health.

So, what I learned from Reiki is the importance of vital energy in a broader way. In my daily practice, I try to help my animal patients by explaining to their guardians the importance of our own energy, our feelings, and our thoughts to our pets, our environment, and all other family members. With this understanding, I try to emphasize the importance of the search for our inner balance not only to keep our health, but also the health of our beloved animals and family members. Concerning those guardians who already practice Reiki, I emphasize the importance of using this energy daily, not only directly on their animals, but also on the medicines, food, and water they receive. And for those who have taken the training, you can provide animal Reiki sessions or distance Reiki besides the homeopathic treatment, especially in the most severe cases.

In combination with Reiki, homeopathy provides a strengthening effect by making the treatment more effective. Reiki can help prevent tension, improve the removal of toxins, and increase the body's sensitivity, so that the homeopathic remedy finds a more favorable healing path. Last, I also noticed that Reiki goes a little further, because besides acting on people, animals, and plants, it can also promote the harmony of environments and relationships. And when combined with homeopathy, there is a boost of energies! It's a perfect match! ■

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Endnotes

- ¹ Rosilene Santos & Fábila Maria Pereira de Sá, "Homeopathy: History and Fundamentals," *Rondônia, Scientific Magazine from the Faculty of Education and Environment*, 2014, v. 5, n. 1, p. 60-78.
- ² "History of Homeopathy," *The European Committee for Homeopathy*, May 28, 2018, <https://homeopathyeurope.org/homeopathy-in-practice/history-of-homeopathy>.
- ³ Samuel Hahnemann, *Organon of the Art of Healing*, (Boericke & Tafel: New York, 1876), 67-70. <https://archive.org/details/organonartheali02wessgoog/page/n5/mode/1up?ref=ol&view=theater>.
- ⁴ Ibid.
- ⁵ Ibid., 269th and 270th paragraphs.
- ⁶ Ruy Madsen Barbosa Neto, *Basis of Homeopathy* (Curitiba, Ed. Appris, 2017), 48-49, <https://www.ufpb.br/nepfhf/contents/documentos/livros/homeopatia/basesda-homeopatia-ruy-madsen-barbosa-neto/view>.