

What is the Difference between Reiki and Brennan Healing Science?

	Reiki	Brennan Healing Science
Origin	Ancient Tibetan art of healing, rediscovered in Japan by Mikao Usui, during the late 19 th century	Created by Barbara Ann Brennan, through personal abilities and guidance
Energy used	<p>Universal chi, transmitted by laying on of hands, on or off the body, using positions on chakras and major articulations</p> <p>Frequency associated with violet light</p> <p>Energy channelled through chakras 7 (crown) to 4th (heart) then through hands. Some teachers, but not all, teach grounding so that Earth energy is also tapped into</p>	<p>Universal chi, transmitted by laying on of hands, on or off the body, using positions on chakras and major articulations</p> <p>Full spectrum of healing energy used, including drawing energy up from the Earth.</p> <p>Energy channelled through all chakras 7 (crown) to 1st (root) then through hands while the practitioner is deeply grounded</p>
Training	<p>3 or 4 levels, 1 to 2 days in each level, total of about 32-50 hours of training, depending on the teacher.</p> <p>Some teachers give homework and follow up.</p>	<p>4 years – about 2000 hrs</p> <p>5 intensive weeks per year, extensive curriculum including creative arts, ethics, healing science and techniques, development of High Sense Perception (HSP), complimentary medicine, personal process work, homework, reading, case study, graduate project</p>
Initiations	A total of 8 initiations over the 4 levels (7 if learned in 3 levels) that are powerful catalysts for opening energy channel and personal transformation	<p>No initiations.</p> <p>4 years of intensive work on self and learning energy techniques leads to deep contact with self and other and opening of energy channels</p>
Symbols	Symbols are used to intensify the treatment and to do distance healing	No symbols
Distance Healing	Yes	Yes
Work in the	Mostly on the first 4 levels of the	Cellular awareness on the

energy field	energy field	physical level Work on the 7 levels of the energy field and beyond Work in Hara (intention) and Essence dimensions
Modality of energy flow	Simply allow energy to flow where it needs to	Various modes of energy transfer, as required Deep contact and effortless intention.

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