



## Reiki, Psychedelics, and Psychoanalysis

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**Abstract:** This paper will think of ideas of energetic entanglements as mechanisms for healing efficacy across three differing practices: Reiki, psychedelics, and psychoanalysis. As a practitioner of each of these practices I will use ethnographic vignettes as well as case studies to explore the intersections of these practices and what an analysis of these cases tells us about what it means to dis-ease, to heal, to be in relation to others, and how to understand mechanisms of energetic healing. I will be employing psychoanalytic theory and analytics of 'holding' as well as 'transference' and 'countertransference' to elucidate settings in which energetic healing comes to life, deeply linked to ideas of the aliveness of bodies.

**Results:** As such, I will be discussing that in each of these spaces, in their methods of holding, encourage people, Reiki dyads, people who take psychedelics together as well as the analyst couple, tend to become entangled in each other, communicating without words or even gestures – and it is this mechanism, *when* entanglement happens, that healing becomes a possibility. As an example of what I call 'healing entanglement' I am attaching a vignette.

**Sample Vignette:** In 2019, the woman I was apprenticing with at an energy healing clinic in Chicago, training in Reiki and Quantum Touch, asked me late one evening to take over a 9 a.m. appointment with a new client. "She has already waited two weeks because my schedule was full, she has been complaining of severe headaches, and says she has been to several doctors, but nothing seems to be helping?" Still training in Reiki, I rarely got the opportunity to work with patients on my own, so I accepted. I texted the client that I would meet her at the clinic at 8:50 a.m. so we could get situated. That night I kept waking up, sometimes hot, sometimes cold, combined with strange dreams about lakes and waves, being under them, being over them, hands flailing about. I got up early and headed to the clinic to prepare for the session. The client arrived at 8:20 a.m. asking to start the session earlier; she hadn't slept much either and her head was killing her. She lay down. To harness universal energy for Reiki, there are three symbols, depending on the practitioners' level of mastery. I was still at level two, so I traced my symbol behind my eyes, rhythmically repeating the name of the symbol three times and placed my hands on her throbbing head. My hands moved across her body, remaining stuck on her calves. I began to feel intensely nauseous, my innards swaying. Suddenly she jumped up asking if she could use the bathroom; halfway to the bathroom she began to vomit. Embarrassed with tears brimming in her eyes, she said 'I think I feel seasick?'