

REIKI FOR RELATIONSHIPS:

BREAKING UNHEALTHY PATTERNS & REBUILDING CONNECTION



A Practical Guide for Self-Love and Authentic Relationships

Introduction

Welcome to **Reiki for Relationships**, a practical guide designed to help you break free from unhealthy relationship patterns and build authentic, heart-centered connections. Whether you're seeking new relationships or hoping to heal existing ones, this guide offers gentle, supportive practices that invite healing from within, without forcing outcomes or coercive practices.

Why focus on relationships?

Relationships are central to our human experience. We are social creatures and relationships are critical to our physical, mental and emotional wellbeing. Relationships can uplift us or drain us, inspire us or challenge us. Often, the patterns we repeat, such as attracting unavailable partners or falling into people-pleasing, stem from unresolved emotional attachments or beliefs about our worthiness of love. These patterns are not failures; they're invitations to grow: lessons on our journey through life.



Unlike many approaches that attempt to force specific outcomes, Reiki invites us to trust the natural flow of universal energy.



Why Reiki?

Unlike many approaches that attempt to force specific outcomes, Reiki invites us to trust the natural flow of universal energy. In a Reiki practice, we don't (and can't) direct energy to do our bidding or impose our will on others.

Instead, we allow the energy to flow where it's most needed, knowing that it always works for the highest good, even if that doesn't align with our personal desires or expectations. Reiki Jin Kei Do, the lineage I teach, emphasizes compassion and wisdom, and this guide reflects that perspective.



About “Cord Cutting” and Intention Setting

It can be tempting to use energy practices with the hope of severing emotional ties, “cutting cords,” or bringing about our own desires and intentions for relationships. But it's important to understand that Reiki does not operate this way. Reiki cannot, and should not, be used to force your intentions through. In fact, Reiki does not even acknowledge that there are “cords” that can be cut. Cord cutting is a popular practice in modern spiritual circles that involves “cutting” energetic ties to a person or situation. Some people believe this severs unhealthy attachments, others believe it removes emotional pain or negative energy from past relationships. In Reiki, however, cords are viewed as mental constructs, not literal energetic ties. Attempting to use Reiki to control the energy in this way is also a misuse of the practice. Reiki works only to support what is most beneficial to you, regardless of what we may want or think we need.

What to Expect

This guide is structured to walk you through three key areas:

- **Identifying Patterns:** Recognizing unhealthy dynamics and bringing them into conscious awareness.
- **Releasing Emotional Attachment:** Gently releasing attachment through Reiki, without the need for forced outcomes or attempts to control others.
- **Rebuilding Connection:** Cultivating self-love, establishing healthy boundaries, and opening your heart to more authentic, fulfilling relationships.

A Note on Self-Responsibility

Your healing journey is uniquely yours. Reiki can support you, but it cannot, and should not, be used to control, manipulate, or impose your will on others. True healing begins within. By nurturing self-love and awareness, you naturally raise your vibration and align with relationships that reflect the best possible outcome for you.

May this guide serve as a supportive companion on your journey toward deeper, healthier, and more joyful connections, with yourself and with others.

Each section begins with a quick summary to help you orient yourself. If you're short on time, scan these summaries first, then dive deeper as you feel called.

You are advised to read through the whole document first before diving into any of the practices.

Part 1: Identifying Patterns



Why Identifying Patterns Matters

Before we can heal unhealthy relationship dynamics, we must first recognize the patterns that keep us stuck. Often, these patterns are rooted in past experiences, family conditioning, or old wounds we haven't yet acknowledged. By bringing them to light, we create space for healing and transformation. Reiki helps us recognize our patterns without forcing change, inviting us to accept and understand them with honesty and compassion.

Common Unhealthy Relationship Patterns

- **Control and Manipulation:** Trying to change or manage the other person to meet our own needs.
- **People-Pleasing:** Putting others' needs before our own, often to feel loved or accepted.
- **Avoidance and Detachment:** Withdrawing from intimacy, fearing vulnerability, or disconnecting emotionally.
- **Attraction to Unavailable Partners:** Seeking love from those who cannot or will not meet us fully.



Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." - Lao Tzu



Exercise: Relationship Pattern Inventory

1. Find a quiet, comfortable space.
2. Listen to audio guide 1 to establish within you a state of receptive calm.
3. Bring to mind a recent or past relationship.
4. Ask yourself:
 - What behaviours did I notice in myself that felt familiar or repetitive?
 - How did I respond when conflict or distance arose?
 - Did I feel valued and respected, or was I seeking validation?
 - Was I trying to change, fix, or control the other person in any way?
 - Was I showing up fully as myself, or was I hiding parts of who I am to please the other?
5. Write down your reflections.

through sensations, images, words, or even a quiet sense of knowing. Reiki can help you trust what comes, without forcing answers or doubting yourself.

Simply trust that Reiki supports your intuition to show you what is ready to be seen, in the timing and way that is most helpful for you. If you wish, you might like to listen to the audio recording from the previous two practices once more, to establish a space of openness and calm in which intuitive insights can arise.

Exploring Your Stories (Journaling Practice)

Once you've identified your patterns, it can be helpful to explore the beliefs that keep those patterns in place. We often hold limiting stories about ourselves that shape our relationships, such as:

- "I'm not attractive enough."
- "I always pick the wrong partner."
- "No one really wants to be with me."



Use the following steps as a journaling practice:

1. **List your limiting stories.** Pay attention to phrases like "I always...", "I never...", "I can't...", "I'm terrible at..."
2. **Identify the false rewards.** Ask yourself: "What do I get from holding onto this story?" (e.g., "I feel safe," "I don't have to risk rejection.")
3. **Feel into the false rewards.** Thank them for trying to protect you but let them know you're ready to let them go.
4. **Replace each story.** Write a new, empowered story that reflects your readiness for love and growth.
5. **Repeat and integrate.** Read and write your new stories often, letting them settle into your heart as your new truth.

Write down your reflections here:



There is nothing on this earth more to be prized than true friendship.” - Thomas Aquinas



Part 2: Releasing Emotional Attachment



Understanding Emotional Attachment

Emotional attachments can hold us in patterns that no longer serve us. Reiki won't forcibly remove these attachments, but it will gently support us in identifying and releasing them, always working in alignment with whatever best supports our healing journey.

Reflection on Emotional Residue

Use the following questions as prompts in your journal pages to explore your attachments and begin the process of release. You may like to listen to the audio recording from Part 1 once more to establish a sense of calm and stillness before you proceed.

- Who or what am I still attached to?
- Where do I feel this attachment in my body?
- How might holding on be affecting my current relationships or sense of self?

Reiki Practice for Releasing Attachment

1. Find a quiet, safe space.
2. Place your hands on your heart and allow Reiki to flow.
3. Bring to mind the person or situation that you feel an attachment to.
4. Say silently: "I acknowledge this attachment. I allow Reiki to support me in releasing what no longer serves my highest good."
5. Trust the process and journal your reflections afterward.

This should be a daily practice until you feel that the attachment is broken.

Optional Advanced Practice: Sending Reiki to the Past

You will need to have received the Reiki symbols for this practice. These are symbols taught in the second level of Reiki training, believed to enhance focus, intention and aid the healing process during Reiki practice.

Part 3: Rebuilding Connection

Metta Meditation

'Metta' means loving kindness.



May I be happy
May I be safe

May I be healthy
May I live with ease

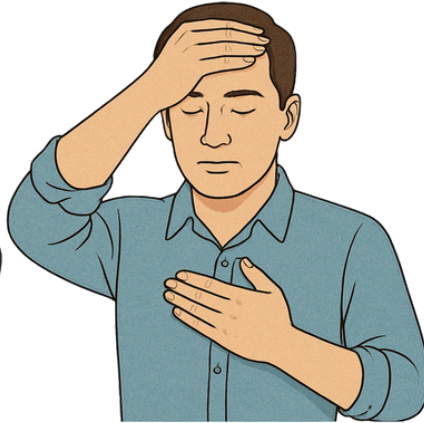
Cultivating Self-Love with Metta Practice

'Metta' means loving kindness. In this practice you will use the guided metta meditation audio that will take you through several stages of cultivating loving kindness for particular individuals. Use the audio guide for as long as you wish but once you are able to follow the steps without guidance, dispense with the guide and simply sit and do your own practice. In time, the practice will become deeper and more profound when you are not reliant on an external meditation guide.

The stages of generating metta, or loving kindness are as follows:

- 1. Yourself** – this is most important, you cannot realistically expect others to love you if you do not love yourself!
- 2. Someone close to you** – this is a relatively easy stage as we are going to pick someone that we naturally feel a strong sense of love towards. It could be our mother, father, son, daughter, husband, wife for instance.
- 3. A neutral person** – someone that we don't particularly love or hate. Someone that we don't know particularly well. It could be someone that passes us in the street every day or we see on the bus. Make sure that you pick someone that you are not sensually attracted to, otherwise you will not be developing loving kindness but a different kind of sensual attachment!
- 4. Someone that is problematic** – this should be someone that causes problems in your life, but do not pick someone that you truly hate or can't stand the sight of! Although, ultimately, we do want to feel loving kindness for these people, at the start, this is like climbing a mountain. Start small. Pick someone that irritates you just a little.
- 5. All beings** – in this final stage we extend our loving kindness out to all beings everywhere.

Hand Postions for Reiki Self-Treatment



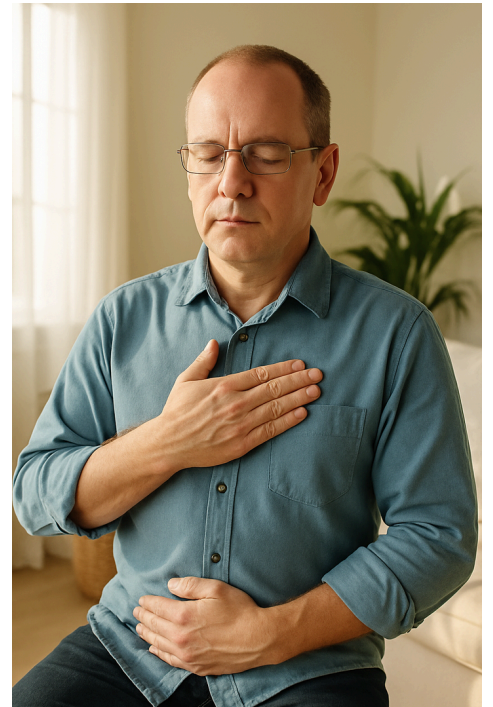
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Part 4: Integration and Daily Practice

Why Integration Matters

Healing and transformation unfold naturally over time, and they are supported by regular practice, patience, and an openness to whatever arises. Reiki is a gentle yet powerful companion in this process, guiding you along the path of self-discovery and wholeness. It works in alignment with the highest good, creating space for authentic shifts to occur and helping you build emotional resilience that serves you in all areas of life. With each session and each moment of reflection, Reiki supports you in releasing what no longer serves you and in attracting relationships that reflect your truest self. Over time, the practice of integrating these changes leads to a more balanced, peaceful, and fulfilling experience of life, helping you to stay present, open, and deeply connected to your own wisdom and inner guidance.



Love is a canvas furnished by Nature and embroidered by imagination.” - Voltaire



Daily Practices

1. Full Self-Reiki Treatment

You should aim to do a full self-treatment every day if possible, following the guidance given previously. Aim for 30 to 40 minutes each day if possible. If you find that on some days you don't have the time, remember: some Reiki is better than no Reiki. Do whatever you can.

You can do this practice at any time that suites you. Most people find that first thing in the morning when they first wake, or last thing at night when they go to bed are the best times, but there are no rules over this.

If you find that you have extra time in the day, by all means, do more Reiki. The more, the better!

2. Brief Daily Reflection

This is a quick, gentle check-in with your relationship patterns and emotional state. If you wish, you could use the recording from earlier to establish a state of peace and calm before answering the following questions.

- Ask yourself: “What patterns or attachments am I noticing today?”
- Let Reiki flow, allowing any insights to arise naturally, without forcing answers.

3. Metta Practice

Repeat the metta practice at least once a day. This could be first thing in the morning or last thing at night. But again, there are no rules over this, you can do it at any time that suits you. Once you are familiar with the stages of the metta practice, try to do it on your own rather than with the guided audio.

A second short metta practice can be added anytime during the day as needed to reinforce loving energy.

Optional Cycles for Deepening Practice



4. Sending Reiki to the Past

Send Reiki to past events or emotional attachments to help release them. Do this every day for a period of 7 to 21 days. Try not to miss a day if possible.

5. Sending Reiki to the Future

Do this once you have finished sending Reiki to the past. If you do it at the same time you risk overwhelming yourself with too many things to focus on each day. Remember that you are not trying to force a specific outcome but simply allowing Reiki to flow to the future to help smooth the way to relationships that are in alignment with your highest purpose in life.

Weekly Practice Planner

While daily practices build consistency, setting aside time each week for deeper reflection can help you integrate insights and growth. Try to have quite a fluid relationship with the weekly focus as some practices are continuous and don't stop at the end of a particular weekly section.

Suggested Weekly Focus:

- **Week 1:** Identifying Patterns (Journaling and The Mirror Technique)
- **Week 2:** Releasing Emotional Attachment (including optional cycle of Sending Reiki to the Past)
- **Week 3:** Rebuilding Connection (Metta, self-love, forgiveness, and strengthening your energy field)
- **Week 4:** Integration and Reflection (review your journal, notice shifts, celebrate progress)

Recommended Reading

- [Reiki Jin Kei Do: The Way of Compassion & Wisdom](#) by Steve Gooch – My comprehensive guide to Reiki, its history, principles, and practical applications for personal growth and healing.
- [Lovingkindness](#) by Sharon Salzberg – Deepening compassion through Metta.
- [Radical Acceptance](#) by Tara Brach – Embracing self-love and letting go of self-judgment.

Trust the Process

Reiki works in its own way, always aligned with whatever supports your healing and growth. Your role is to show up, allow the energy to flow, and trust that the right insights and shifts will arise at the right time.

Healing is a journey, not a destination. By integrating these practices into your daily life, you invite Reiki to support you in building relationships that reflect your highest good, and, most importantly, a more loving relationship with yourself.

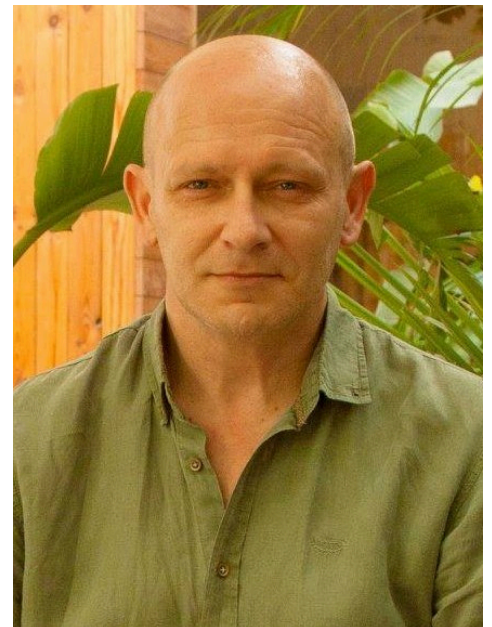
Part 5: Deepening the Journey

The Healing Journey Continues

Healing is a journey of layers. Each time you revisit these practices, new insights may arise. Reiki supports you every step of the way, always in alignment with whatever supports your healing into wholeness.

About the Author

Steve Gooch is a Reiki and Buddho teacher trained in the Reiki Jin Kei Do lineage, a system that emphasizes compassion and wisdom, integrating meditation and spiritual development alongside Reiki healing. He is also a coach, artist, writer, and meditation instructor dedicated to helping others cultivate self-love, balance, and authentic relationships. Drawing on years of experience in energy work, personal growth, and creative expression, Steve blends practical tools with deep insights to empower others on their journey of healing and self-discovery. Steve offers workshops, one-to-one coaching, and online programs to support you in reconnecting with your true self and creating a life filled with purpose and meaning.



If you'd like to deepen your journey, consider exploring **The Abundant Self program**, or join me for **one-to-one coaching, Reiki, Buddho, or mindfulness trainings**. These offerings provide guided meditations, community support, and live or recorded workshops to help you integrate these teachings more deeply and align with what best supports your healing and growth in every area of your life.

Connect with me at:

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“

A true friend is the greatest of all blessings. - François de La Rochefoucauld

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Closing Thoughts

Reiki invites us to trust the journey, allowing healing to unfold naturally in a way that best supports your healing journey. It encourages us to be patient and gentle with ourselves as we navigate the sometimes-challenging but deeply rewarding process of self-discovery and transformation. Remember that healing is not always linear; it is a process that unfolds uniquely for each person, and Reiki helps to create a safe and nurturing space where this healing can take place at its own pace.

As you continue to practice Reiki, you may notice shifts in your energy, your emotions, and even your relationships. These shifts are a sign that you are aligning more closely with your true self and releasing what no longer serves you. Trust that Reiki works in alignment with the highest good, guiding you toward the experiences and relationships that support your growth and well-being.

This guide is here to support you in building loving, authentic relationships, starting with the most important one: your relationship with yourself. As you deepen your practice, remember that every time you give yourself Reiki, you are strengthening your connection to your own wisdom, compassion, and strength. You are affirming your commitment to your own healing and to creating a life that reflects the love and authenticity you wish to share with others.

May you continue to walk this path with courage and openness, knowing that Reiki is always here to guide and support you. May each step bring you closer to the relationships and the life that align with your highest purpose, and may you always feel the gentle, nurturing presence of Reiki as you move forward.



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