

© Children of Medjugorje 2022

Permission is given to use the text of these reports under two conditions:

1) No words are changed, 2) "Children of Medjugorje" is cited along with our website:

www.sremmanuel.org

THE SNARE OF REIKI

In 2012 I recorded an interview with Professor Tarcisio Mezzetti, about Reiki. Given the importance of the subject and its relevance in society today, I decided to publish this short booklet. You will find in it some extracts of the whole interview together with some personal considerations and witnesses. I have kept our conversation simple so that the message be accessible to all.



Wherever I go I meet people who are suffering from various kinds of inner torment due to many different causes, but nearly all of them have taken part in one or more of the harmful spiritual activities which infest modern society. Thank God there are individuals who recognize these traps and have studied the resulting phenomena and their consequences. One of those is Professor Tarcisio Mezzetti, who one day invited me to his house.

Tarcisio is a married lay person. He studied chemical toxicology at the University of Perugia and is also well known in the United States for his work. His life came to a critical turning point in 1976, during a prayer meeting in Perugia. Although he was already a good Catholic, he experienced a deep spiritual conversion: that day he received from the Lord a great, very rare, gift, namely the discernment of spirits, that is, the ability to recognize the identity of the evil spirits harassing people. Fortified by this gift, Tarcisio developed a deep compassion for all those people who are suffering from inner torments and/or various mental health disorders and who are often abandoned and left alone to cope with their problems. Tarcisio dedicated a lot of his time to these people, listened to them with empathy and helped them with his prayers. Just to be clear, he was not an exorcist, this task being reserved to priests but, as Jesus said to his apostles, these kinds of demon can only be driven away by fasting and prayer (Mt. 17:21). Such was the strength of Tarcisio's faith.

Having witnessed so much suffering, Tarcisio dedicated himself to studying the numerous forms of spirituality being disseminated today through all sorts of media channels. His daily encounters with the suffering have enabled him to share some precious insights on this subject, and he has thus been able to help thousands of people who have become ensnared by these false spiritualities. Moreover, Tarcisio is a man of deep prayer and sound faith and has always been devoted to fasting. He has a deep love for the Church and has dedicated himself to serving Her passionately.

When I was at Tarcisio's house, I asked him to enlighten me on Reiki because I was receiving a lot of questions on the subject. He had written an article in Italian entitled "*Is Reiki really the great divine light?*" ("*Il Reiki è davvero la grande luce divina?*" Quaderno n. 6, edizione "Una voce grida"). We spoke for many hours on this subject.

Tarcisio told me about the dangers of Reiki and I want to share with you some of the things he explained to me. He was very worried by the speed with which this spiritual practice was spreading throughout the Western world. He said "Reiki is extremely dangerous because it is presented as a quasi-miraculous method of healing. I have met several people who followed Reiki courses and who ended up requiring an exorcist in order to be liberated from the damaging consequences of this practice. In the long run, they may suffer with psychosomatic disorders, harassment, obsessions, nightmares, insomnia, paranoia, depressive states, acts of despair, hardening of the heart and gradually estrangement from the Catholic Church!"

He went on to explain the origin of Reiki. Reiki was introduced by a Japanese man called Mikao Usui (15 August 1865 – 9 March 1926), who in Italy was depicted as a Catholic monk. One Sunday a medical student approached him and asked "You believe that Jesus performed miracles, so why don't you perform them too?" This question greatly perturbed him and he therefore decided to go and study this phenomenon.

He went to America and studied all the books he could find which talked about Jesus. He was unable to find out how Jesus performed his healings, so he returned home and resumed studying. At one point a Buddhist monk showed him a very ancient document containing information on

the healings performed by Buddha. He took this document with him and climbed to the top of a “sacred mountain” and fasted, sitting on the ground for several weeks without moving. One day he saw a ray of light come towards him. He didn’t move from his position and the ray of light hit him on the forehead and knocked him over. At the same moment he saw some golden bubbles and inside the bubbles were the symbols that Buddha used to perform his healings. Mikao Usui memorized these symbols, got up and started walking down the mountainside. As he was coming down, he tripped up on a stone and injured his foot. He sat down, held his feet in his hands in a special way and his foot healed instantly. As he continued down the mountainside he came across a farmhouse and outside there was a baby girl who had been laid there because she was dying. He approached the baby and rested his hand upon her, and in so doing healed her. This is how Reiki came to be born.

The dissemination of Reiki and its errors

The word “Reiki” signifies the union between the universal force (“rei”) and the personal force (“ki”). In other words, I can act because the universal force acts within me. Those who have completed their training in the practice of Reiki become “Masters”. Some masters have developed two or three variants which concentrate on specific aspects of Reiki, but the important thing to note is that there are three levels. Pupils go through a first level of teaching, then they go to a second level and learn still more, and when they reach the third level, they are explicitly informed that they have special powers since they have received the spirits from Usui’s sacred mountain. So, the theory is that Usui’s spirits are transmitted from one person to another, right up to the present day. The conclusion is that everything derives from those spirits.

At this point we need to remind ourselves that the Church considers spiritism inadmissible. So, when, we speak about Reiki, it’s important to clarify this point: the Reiki practitioner acts by virtue of the sacred mountain spirits which Usui received, and every time somebody is initiated to Reiki, those spirits are transmitted to the person being initiated. But at this point I ask: can a Christian who has been baptized get involved in initiations? A Christian is already initiated since he already has the Holy Spirit within him and has no need for any additional initiation!

Sr Emmanuel: Ah, now we have come to the heart of the matter! We are clearly talking about spirits, in the plural, rather than the Holy Spirit which is one and only one. This explains everything! Now let me share a little personal experience (see the YouTube video “*I had an appointment with Death at 5 pm*”). I remember that when I was an adolescent, I used to take part in séances, sitting with my friends around the table. We would invoke the spirits in general rather than the Holy Spirit and, in our ignorance, we did not realize that in so doing we were invoking the evil spirits. This activity nearly cost me my life.

Tarcisio:

Nobody ever talks about these things. Does a Christian who invokes spirits really think that he is filled with the Holy Spirit? If we have come to this point the main reason is ignorance, and this ignorance, which is so common among Christians, is not being dealt with. In some cases, Reiki does lead to healing, but these healings are false. Sorcerers also provide healing, but we must bear in mind that healings provided by sorcerers are always false. Many people tend to think that “I was sick, I went to the sorcerer and now my pains have gone away”, but it is not so! Saint Thomas Aquinas used to say that Satan performs evil but he can also perform extraordinary things in order to prepare an even greater evil¹.

Sr Emmanuel:

This sentence from St. Thomas is enlightening. Indeed, in those cases where the practice of Reiki leads to healing the patient nearly always feels satisfied, but evil spirits grant no favors. In actual fact, the illness has not been defeated at all but has simply been moved to another part of the person’s body or even to his psyche, personality or affectivity etc. This is why to begin with people are happy with their recovery, but then are quickly hit by another, more serious, ailment in their body, affectivity, psyche or even in their soul. Many are overcome by anguish, insomnia, fear. Some may not even tolerate prayer or the thought of God. For example, a man undergoes a session of Reiki treatment and is cured of a pain in the knee, but then he gets hit by a headache. So, he returns to his Reiki master and after another very expensive Reiki session his headache has gone but he suddenly finds that he cannot put up with his wife.

Let me share with you something that I experienced together with my American assistant Kim in 2005, in Northern Canada.

We were being hosted in the episcopal residence, where we met a mature couple who was working for the Diocese of Mackenzie. Bill, the husband, told me that at a certain time in the past he was suffering from violent headaches but then, one day, he received an unexpected healing and he was so happy about it. A woman visiting their city had come to their house and had explained that she had the gift of healing and she had offered her

¹ In the broader sense there is a tendency to consider as miracles those phenomena which are beyond man’s power and sphere of knowledge to accomplish. In this sense, demons can perform miracles, namely natural phenomena which astonish men because they are far above man’s power and his sphere of knowledge. Moreover, a person who can perform acts which are far above another person’s ability causes the latter person to marvel at the former person and to think that he has performed a miracle. Now, as regards demoniacal acts which to us seem to be miracles, we must note that although they are not by nature miracles, they are nevertheless real occurrences. Thus, with the help of the demons, Pharaoh’s magicians produced real serpents and real frogs. And when, As Saint Augustine said, “fire came down from heaven and at one blow consumed Job’s servants and sheep, and a storm struck down his house and with it his children: these were real works of Satan, not simple appearances”. (Summa Theologica I, 114, 4, ad 1).

services to Bill. She performed a certain ritual on him, with hand gestures and formulas. After that, Bill's headaches disappeared. At this point his wife Linda added: "Sure, his headaches disappeared but now he started suffering with a skin infection and he's suffering inside." And Bill confirmed to me: "I've lost my inner peace."

He told me that ever since the day of the ritual he began quarrelling with his wife, which had never happened before. So, I asked him: "Who is this woman?" He replied that she was a practicing Catholic, a very kind woman, and that she offered to pray for his health. I asked "Did she tell you how she received her gift?" Bill replied: "She said that she had been trained in the practice of Reiki". When I heard this, I became very worried for him and I asked him to consider this: "Look, Bill, if you had the choice, would you prefer to get your peace back and revert to having headaches, or to remain without your inner peace, like now, and to never have headaches again?" Bill replied "Of course I would choose my inner peace above all because this way I would also re-establish good relations with Linda. I've suffered from headaches for years and I'm used to them; I offer them up to Jesus for His intentions and I'm ready to continue".

Bill has a good heart. He loves the Lord and his only wish is to continue walking with Him, choosing good over bad. His reply touched me. Who knows, maybe this woman who had practiced Reiki on him was in good faith, but Reiki is a first-class trap: it provides fake cures and you end up having to pay a very high price for a fake physical and moral wellbeing. I said to Bill "I suggest that tonight you pray together with me before going to bed, so that God can enlighten you as to what really happened to you. For example, try saying: 'If this healing has come from You, Lord, leave it with me but help me recover the peace in my heart. But if this healing is not Your doing, and if that that woman has caused me harm, then I beg You, Jesus, to take it back and to restore my peace. I'm ready for the headaches to return.'"

Bill accepted this challenge. The next morning, at breakfast, Linda said to me, with an intriguing look, that they had some news for me. Bill said to me: "When I woke up this morning, my headache was there waiting for me like an old travelling companion. What a joy! I immediately thanked Jesus for this sign, most of all because I've got my peace back. From now on I will offer these headaches up to Jesus with even greater fervor."

This proposal which Bill made can also help other people to cure their "arthrocardia", a word which I have invented to explain the arthrosis of the heart, a spiritual illness that prevents love from developing within us. Thanks to this experience, Bill was now vaccinated against his excessive naivety with regard to certain New Age cures which, whilst providing

apparent healing, have disastrous effects on the soul. A year later I heard from him again: Jesus's gift was still with him but his cross to bear the headaches, had turned into a way of joy.

Tarcisio: People who have been “healed” by Reiki often want to practice Reiki themselves, but this proves to be a disappointment because they are not really healed at all. Quite the contrary: they have come under Satan's power. Healing is not merely a physical process, as we may think. So, what is there behind healing? When I go to Lourdes, I can see a man with his tibia broken in two enter the water and come out with his leg completely mended. Reiki could never achieve that! These are miracles which take place thanks to the hand of God, but Satan enjoys mimicking God and His works. He can't do these things but, being an angel, he can achieve apparent and temporary positive effects, which are simply in preparation of a bigger attack.

Sr Emmanuel: Well, my dearest, we have clarified the fact that Reiki healings are a sad disappointment! Evil spirits do not bear gifts. I've seen many people suffer cruelly from the effects of Reiki treatment. Whoever undergoes a treatment from a Reiki master will place his confidence in these energies and, even if he does not understand its danger, he will poison his soul by drinking dirty water from cracked tanks instead of living waters from Jesus!

Tarcisio, what would you say to someone who is disturbed, sick or oppressed by the evil one after having put his health into the hands of a Reiki master?

Tarcisio: I say to every one of them: The path we need to take is, above all, to return to the sacraments! First of all, we need to make a complete confession of the sins we have committed. When we go to confession, we need to do three things in order to obtain absolution: enumerate our sins, feel sorrow for having committed them and resolve not to commit them again. Of course, we may sin again in the future, but we must at least make this resolution. If we don't do this, we cannot receive absolution. These days the big problem is that sin is no longer taken seriously and it's difficult to speak about the sacraments to people who no longer have any understanding of what they really are. My advice is first of all to do a sincere confession in which we also ask forgiveness for having practiced Reiki. Then it's important to go to mass daily and receive Holy

Communion. After Communion, recite the prayer of liberation (see the prayer below). In fact, after holy communion Jesus is with us, so we have no reason to fear Satan. Liberation comes from God.

Sr Emmanuel: Another important thing: sometimes people address Satan directly, saying things such as “Go away! I don’t want you, you’re ugly, leave me alone!” Don’t ever do this, it’s a trap. Satan uses dialogue in the same way as when he first tempted Eve. On the other hand, when we pray, we are speaking to Jesus, to the Father, and to the Holy Spirit. It is God who liberates us.

Tarcisio: Those who speak to Satan have received no authority to do so. Only the Church can give orders to Satan, and the Church acts through the ministry of a priest or a bishop. It’s the Church who is acting, not an individual.

Sr Emmanuel: Every diocese should have at least one priest who performs exorcisms. When you go to confession, you expect the priest to speak with full authority.

Tarcisio: During confession the priest is administering a sacrament, so if he then prays, he has that authority and he can certainly say a prayer of liberation. He can help the confessant by giving him sound advice on how to break free from this satanic oppression. However, a problem we encounter today is that many priests are terribly afraid of the Devil. That’s the reason why it’s indispensable that every priest be a man of deep prayer and relationship with God, especially when it comes to dealing with darkness.

Jesus left us with a commandment: *Love one another as I have loved you.* That little word “as” is scary: Jesus didn’t say “as much as” but “as”. A Christian must start living that commandment from Jesus. Christianity consists solely of love; it offers us the God of Love. What has this God done for us? And then He gives us the task of being like Him. In this vein St. Paul said “Emulate me just as I emulate Christ.” Hence a Christian is one who has been called upon to imitate Christ. Christian education is completely centered on the value of love and this, above all, is what defines the great Christian civilization.

Sr Emmanuel:

These days Reiki gives rise to a fair amount of confusion, and as an example I would like to conclude with a personal experience. One day in Medjugorje I was getting ready for a three-week mission, half in the US and half in Mexico. That day I was very tired, so one of the pilgrims who was in my house at the time offered to help me. The sister that nearly every day used to massage my legs to help me with my blood circulation problems was not there on that day. That pilgrim, having heard about my problem, offered to replace my sister. However, after finishing the massage he stood behind me and, without even touching my head, he said that he would perform a relaxation therapy or something similar. I stupidly let him carry on, without really knowing what he was doing. Then he made some gestures with his hands up in the air, some strange things... After that I departed on my mission, but on my first night in America I was unable to fall asleep even for a minute. I told myself that it must have been because of the trip and the jet-lag. But even on the second and third nights I was unable to fall asleep. The situation was becoming dramatic for me because each day I had to talk in front of many people and record DVDs and TV shows concerning the messages from Medjugorje, and so more than ever I had to be wide awake and fully present.

Seeing that I was completely unable to sleep I prayed to the Lord: “Listen Jesus, if You want me to carry this cross during the night, I will offer it up to You, but I ask You for one thing: I beg You to keep me alert throughout the day and ensure that nobody can see that I’m sleep deprived.” In all his goodness the Lord answered my prayer! Then, after three weeks of this torture, I returned to my home in Medjugorje, thinking that once I was back in my own bed sleep would return. But this wasn’t the case. Seeing that this problem was not going away, I went to see an American priest who was on the last day of his pilgrimage in Medjugorje. I knew that he was blessed with a gift of compassion and prayer and was very close to the Lord. He listened to my problem, he recollected in prayer and then, all of a sudden, he said “An *enemy* has done this” citing Jesus’ words in the parable of the weeds and the good wheat².

Then I remembered what had happened before I departed on my mission and that man who had performed that strange massage. So, the priest recited a prayer of liberation to free me from this therapy, to cut all bonds with it and with that man and, in so doing, he annulled the damaging consequences. All this was accomplished thanks to his priestly authority,

² Jesus told them another parable: “The kingdom of heaven may be compared to a man who sowed good seed in his field. But while everybody was asleep his enemy came, sowed weeds all among the wheat, and then went away. Then, when the new wheat sprouted and ripened, the weeds appeared as well. So the owner’s servants went to him and said, ‘Sir, was it not good seed that you sowed in your field? If so, where do the weeds come from?’ He answered: “Some enemy has done this.” (Mt. 13: 24-28)

which came from his Holy Orders, namely from Jesus Himself. Needless to say, that night I slept like a baby, just as I did all the following nights.

This experience opened my eyes to the reality experienced by so many people today and led me to conclude that we must take great care not to accept various therapies without discernment. Indeed, when that priest said to me that an enemy had done this, he added that that man performed Reiki on me. It became obvious to both of us that the Devil wanted to stop me from spreading Our Lady's messages in America, he wanted to block my mission. You see, my dearest, we must be very careful. Let me give you a word of advice, which you are free to follow or not: Don't ever let a lay person lay his hands upon you, because only a priest's hands are assuredly the hands of Jesus, whilst all other hands are a risk.

When we hear the word "healing", many people are tempted to jump at anything which is offered to them, without any discernment. Reiki is not the only snare suggested by New Age. There are a number of pseudo therapies which promise to reacquire wellbeing. Even if, at the beginning, they look alluring, I would like to underline that they completely ignore the Cross of Jesus, the only true spring of salvation for all mankind. Isn't it a basic element of discernment?

“From His wounds we have been healed” (Isaiah 53:5)

I really thank Tarcisio for being God's instrument, both for advising people of the danger, and for freeing the victims from these practices. He passed away in 2016. His professional competencies, his Christian witness and his spiritual experiences with souls, have enriched us very much. He consecrated himself, body and soul, to help and free people from ties with evil. He continues to share this light thanks to his intercession from above and through his books, which I strongly recommend (see PS3). It's up to us to use the means which are given to us to avoid evil and to reject it. Tarcisio is the author of a powerful and inspired prayer. He used it often to give relief to those who are tormented, victims of this subtle trap. Here it is:

Heavenly Father, You are my refuge and the rock of my salvation. You are in full control of all that happens in my life. I am Your servant and I carry Your Name. Thank You for having given me the helmet of salvation. My identity in Your Son is secure. Nothing can separate me from Your Love. Thank You for forgiving my sins and for cancelling my guilt. I am now wearing Your Armor of Justice.

Holy Spirit, look into me and bring to light any strategies which the forces of darkness might be plotting against me. I embrace the shield of faith so as to stay firmly within the Word of God, which assures me that the Son of God has appeared in order to destroy the works of the Devil (1 Jn 3:8).

Therefore, Holy Father, in the glorious Name of Your only begotten Son, Jesus Christ, by the authority given to me by my baptism, I renounce all the Devil's works, whatever their origin may be, occult, mediumistic or of witchcraft, and with the faith that You, Father, have given me, I declare that any of his work in my life be destroyed.

Jesus, my Lord and Savior, You triumphed over him in the desert, on the Cross and in the Sepulchre, and by Your glorious resurrection You vanquished him forever, thus sealing his end and his destiny. In You, I also triumph over him by the power of Your holy Name before which all knees shall bend in Heaven, on earth and underground (Phil 2:10). By the power that I derive from You, O Lord, I resist and oppose all the evil one's efforts to oppress, afflict and deceive me. And I wish to fight vigorously against his efforts to rob me of my joy and of the fruits of my salvation. By the power of Your Precious Blood which You poured out for me on Calvary, I beseech You to expel from me all the powers of darkness that attack me or surround me and to order them to leave me now and to go to wherever You, Lord, decide, in order that they may never return. Thank You, Lord Jesus!

PS 1 Wholly apart from traditional occult practices, new philosophies and practices characteristic of the "New Age" in which we now live are of great concern to the Vatican. See the study published jointly by the Pontifical Councils for Culture and for Interreligious Dialogue, titled *Jesus Christ, the Bearer of the Water of Life: A Christian Reflection on the New Age* (available on the Vatican's Website, https://www.vatican.va/roman_curia/pontifical_councils/interelg/documents/rc_pc_interelg_doc_20030203_new-age_en.html). See also the book *Ransomed From Darkness, The New Age, Christian Faith and Battle for Souls*, by Moira Noonan: an extraordinary autobiography of a woman who became adept at numerous New Age practices, from Native American shamanism to Reiki, and clairvoyance to hypnotherapy, but later was converted to Catholicism in part through her experiences in Medjugorje. North Bay Books 2005, US\$15.

PS2 To receive other information, in Italian, on the Magnificat community
<https://comunitamagnificat.org/>

PS3 Some books written (in Italian) by Tarcisio:

Davanti a te Signore sono al sicuro. *13 ore di adorazione e meditazione per liberarsi delle oppressioni spirituali*, Servizi RnS, 2010

Come leone ruggente.... *Vol. 1: L'assedio del male intorno al popolo di Dio*, Elledici, 2004

Come leone ruggente.... *Vol. 2: Guide, entità, energie ed esseri... per ingannare il popolo di Dio*, Elledici, 2004

Non c'è altro nome sotto il cielo.... *Solo in Gesù è possibile ritrovare la luce, perché solo Lui è Via, Verità e Vita*, Elledici, 2009

PS4 To know Tarcisio better through witnesses given by people who had met him see the website in Italian <http://tarcisiomezzetti.net/>

PS 5 While the spiritual dangers attending some practices are quite obvious, in other cases they are not. For an expose of the roots and place of Yoga in the Hindu religion, and the possible spiritual dangers to Catholics of practicing Yoga, see Joel S. Peter article, “Yoga and Christianity” in the New Oxford Review (February 2006). On the same subject, see also the video: “A Guru or Jesus” Father Joseph-Marie Verlinde <https://youtu.be/kHoKWxp8Imo>