

# "Cold Hands, Warm Heart - Warm Hands, Cold Heart?"

by Daniel Pure, M.Div.

---

*"I don't think I'm good at Reiki. My hands don't get warm."*

*"The Reiki doesn't work for me. My hands are always cold."*

The perception that one's hands must be "warm" or "hot" in order to be an effective Reiki practitioner represents either flawed learning or flawed teaching. Are warm hands an indicator that the Reiki is working? Are cold hands an indicator that something is wrong?

One of the purposes of conducting a twelve-hour Reiki First Level training class is to provide students the opportunity to both give and receive a full Reiki session incorporating the various hand positions that are being taught by the Reiki Master. As students pair off together to practice the hand positions, they are encouraged to openly share their perceptions with each other as to how they are experiencing the universal life force energy through the laying on of hands.

The value of giving mutual feedback enables the students to share the rich variety of perceptions they are experiencing either as "giver" or "receiver" of the universal life force energy. Not surprisingly, these perceptions will often be different for both the giver and the receiver. It is not uncommon for the person practicing the hand positions to report that her hands feel "cool" or "neutral" while the recipient reports that the hands feel "warm" or "hot" and vice versa.

As in every art, practice is essential to success and gaining greater self-mastery. Through practice, the Reiki practitioner eventually learns beyond the shadow of a doubt that warm hands are not better than cold, that the range of perceptions as to how the universal life force energy is being experienced is limitless. The perceptions of one's hands would include not just hot and cold, but also (to cite but a few of the common perceptions) warm-moist, cool-moist, tingling, stinging, pulsating, vibrating, trembling, burning, throbbing, aching, itching, tickling and nothing at all!

As the Reiki practitioner practices this healing modality on a regular basis, other perceptual cues become a part of the learning repertoire. Has the client's breathing changed in any way? At what point does the body become more relaxed? Are there positions in which the hands seem "stuck" and unable to move? What is one's perception of time during a Reiki session?

A Reiki training class enables the prospective Reiki practitioner to gain a first-hand knowledge of these perceptions. But the perceptions in and of themselves do not necessarily mean anything. The key to greater self-confidence is to simply place one's hands on the client and to trust the universal life force energy to accomplish the healing work. Learning to trust the energy and not how we are experiencing our hands is what this gentle healing art of Reiki is all about!