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Systemic Reiki Healing Instruction

“Heal Your Inner Critic – A Reiki Experience with a Systemic Twist”

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Overview

This step-by-step Practitioner guide for working with Inner Parts blends traditional Reiki with systemic and ancestral awareness so you can facilitate a gentle, powerful healing experience for clients, groups, or for yourself. It emphasizes curiosity, compassion, and respect for the larger systems that shape our inner world – all based in the energy of Reiki or Unconditional Love (for those not attuned to Reiki).

Whilst the focus here is on the Inner Critic, any part can be invoked, also those parts you or your clients may wish to have more activated in your daily lives.

Who this is for

- Reiki practitioners offering 1:1 or group sessions
- Self-practice for your own healing and growth
- Practitioners of Inner Parts work who want to include Reiki or Universal Loving Energy

Important Foundations

- Intention and safety: This is not about fixing or therapizing, it is about meeting parts with love and allowing healing to unfold through the infinite wisdom of Reiki and systemic awareness. The whole process is done as an internal dialogue. No sharing is necessary.
- Systemic lens: Inner parts often carry echoes from family, ancestors, culture, or community. We can acknowledge these respectfully and give back what is not ours to carry.
- Compassion first: Even harsh parts developed to protect you. We approach them as allies who can transform. We approach them with curiosity and compassion.
- Reiki guidance above all else!

Preparation

For Yourself as Practitioner:

- Activate Reiki or Universal Loving Energy: If Reiki is part of your practice, activate Reiki in the way you know to. If not, invite Universal Unconditional Love to flow through you. Set a clear inner intention to hold compassionate space, and may the healing session unfold for the highest good of all concerned.

- Create Sacred Space: Make sure the environment is calm, safe, and uninterrupted. This can be in person or online. Only work with permission.

For Your Client (or Yourself in Self-Practice):

- Briefly explain how the Inner Critic (or other Inner Part) develops not only through personal experiences but also through systemic imprints (e.g., critical parents, transgenerational survival patterns, cultural or collective voices).
- Emphasize the Reiki principle of infinite wisdom, compassion and non-judgment, and how it can support softening or healing this inner part.
- Let them know this is a gentle, exploratory healing - not about fixing, but about meeting parts of themselves with compassion and with the love of Reiki.

The Healing Process: Step-by-Step

Step 1: Presence

- Invite the client to close their eyes and shift from doing to being.
- Guide a few slow breaths, encouraging relaxation with each exhale.
- Ask them to place their hands where they feel called; on the heart, solar plexus, or wherever feels natural.
- If client is Reiki attuned, ask them to activate Reiki as well.
- Encourage them to simply receive Reiki.

Sample script: *"Make yourself comfortable, however you feel most at ease. You may want to close your eyes, or soften your gaze if that feels better. Take a few slow breaths, a gentle inhale and exhale. With each exhale feeling more and more at ease. Now place your hands where they naturally want to rest - perhaps on your heart, your solar plexus, or anywhere else. There is no right or wrong. Invite Reiki to flow now. Notice the energy gently arriving in your hands, your heart, your whole body. Let yourself be held by the wisdom and love of Reiki."*

Step 2: Meet the Inner Critic as an Energetic Part

- Invite them to sense the Inner Critic as an inner part. *"Now bring to mind your Inner Critic, the part of you that sometimes speaks harshly or holds you to impossible standards."*
- Invite curiosity: *"If this part had an image, a shape, or a voice, what would it be like?" "Where do you feel this part in your body?" (chest, throat, stomach, head, etc.)*
- Acknowledge that this part has tried to help them by keeping them safe, though in painful ways.

Sample acknowledgment and healing sentences: *"I see you. I know you've been working so hard to keep me safe. You've done a great job. Thank you for your effort. I wish to understand you more deeply so you don't have to work so hard."*

Step 3: Flow Reiki to the Inner Critic

- Invite the client to channel healing energy directly to the Inner Critic. *"Now, let Reiki flow gently to this part of you."*
- Encourage compassion and openness, not correction or control. *"We're not here to get rid of this part. We're here to understand it and give it what it truly needs: care, compassion, and rest."*
- Let Reiki soften, soothe, and unwind the Critic's energy. *"Imagine the Reiki surrounding the Inner Critic like warm light, softening it, soothing it, releasing the tightness."*

Step 4: Explore Systemic Echoes

- Guide the client to ask the Inner Critic: *"While Reiki flows, let's ask the Inner Critic a gentle question – not with the mind, but with the heart: 'Whose voice or fear are you echoing? Or who may you be carrying your way of being for?'"*
- Let them notice if images, memories, or ancestral presences arise. *"Just notice what comes, who appears."*
- This could be a parent, grandparent, teacher, cultural pressure, a memory, or a collective system of perfectionism, or anything else for that matter.

Step 5: Acknowledgment and Release

- Once someone or something is identified, invite the client to connect: *"Now imagine turning with respect toward wherever this Inner Critic voice comes from - whether it's your own past, your family system, or something larger."*
- Offer healing sentences like: *"You might say silently in your heart or out loud:*
 - *I see you.*
 - *I honour where you come from.*
 - *I acknowledge your struggles and survival strategies, which were once necessary.*
 - *I acknowledge all you had to endure.*
 - *These patterns find an end with me now. With love and respect, I release this pattern back to its rightful place. I can live differently. I am safe."*
 - *With love and respect, I now give back what is not mine to carry."*
- Invite Reiki flow: *"Let Reiki flow through your hands as you release these patterns back to where they belong. Imagine the energy dissolving into light or being carried gently into the earth."*
- Optional: Invite Reiki flow to the wider ancestral field or the collective, to past generations, softening inherited patterns. *"See yourself surrounded by light, connected to your ancestors, your system, and the whole Reiki community worldwide."*

Step 6: Reconnect with the Inner Critic

- Guide the client to check back in with the Inner Critic: *"Notice how your Inner Critic looks and feels now. How your Inner Critic has softened now, perhaps transformed into an inner guide, or gentle advisor who still wants the best for you, but now speaks kindly."*
- Prompt a healing statement towards the Inner Critic such as: *"Affirm your Inner Critic: Love is now guiding you. You don't have to carry this weight anymore. You can relax. Wise Love is now in charge."*

Optional Step 7: Integration and Rest

- Invite the client to imagine all their inner parts sitting together in peace; the Critic, the Healer, the Inner Child etc.
- Guide them to rest in the Reiki field of love and compassion, knowing this connection is always available.

Step 8: Closing the Session

- Take a few deep breaths together.
- Invite gentle movement: wiggle fingers, stretch, return to the room.
- Remind them that Reiki and this systemic awareness can be revisited anytime.

After the Session

Ideally let the client just be with the energetic experience. Don't guide them back into their head, but rather bring them back into the felt sense of their here and now (*"And how are you feeling right now"*).

Selective Reflection Prompts (Optional):

- *What did you notice about your Inner Critic and how it shifted?*
- *Whose voices or burdens did you become aware of got released?*
- *How do you feel now compared to before?*
- *What new role can your Inner Critic take in your life?*

Do speak of: *"This is a practice you can return to any time during your Reiki self-healing. The more often you meet your Inner Critic or any other part with compassion and systemic awareness, the more it can transform into a wise, discerning, supportive friend."* Or similar.

Important: We want to be/make clear that healing happens in layers, can be miraculous, but usually is a life-long journey to be taken with gentleness and kindness. Don't give the Inner Critic or Skeptic any fodder that something wasn't done right or not good enough! 😊

Further implementations and tips for Practitioners:

- Place the part or its qualities on a Reiki healing list, or altar, and reactivate daily.
- Work with a surrogate (like cushion or other object) to represent the part, channeling Reiki love to it.
- Regularly ask yourself *"Is this mine, or am I carrying it for or from someone else?"* and use healing sentences to release what does not belong.

Remember

- Trust the guidance of the Reiki energy above all else
- Prompting less is often more
- Stay neutral and non-judgmental
- Hold (Reiki) space, not solutions
- Use Reiki Symbols (if attuned and guided to): CKR for grounding, SHK for emotional healing, HSZSN for ancestral connection.

Final Reminder

This practice is not about getting rid of the Inner Critic, but about transforming the relationship with it. Systemic Reiki healing allows for ancestral compassion, personal growth, and deep release, supporting both the client and the practitioner in creating kinder inner (and therefore outer) worlds.