



Reiki Helps to Overcome Imposter Syndrome

BY ROBYN BENELLI

IMPOSTER SYNDROME can sometimes be a limiting belief among Reiki practitioners and teachers, especially those who are trying to start a Reiki business or wish to become a Reiki practitioner and teacher. Imposter syndrome (IS) is a phenomenon described as self-doubt of intellect, skills, or accomplishments among individuals.¹ IS can cause you to freeze, think that you are less-than, and not pursue your goals and plans. There are five types of imposter syndrome, each with its attributes.² You may find you identify with one or more of them.

The Five Types of Imposter Syndrome

1. **The Perfectionist:** It has to be perfect, or it's a failure. You micromanage, struggle with decision-making, and it makes you freeze because if it's not perfect, you can't get it done.
2. **The Superhuman:** You are always wanting to do more and more. You may want to create a million different aspects of your business or feel you need to get it all done at once. You feel stressed if something isn't working, or you feel guilty if you take breaks.
3. **The Natural Genius:** Success can only come from naturally gifted people. Failing to achieve success on your first try can evoke shame and make you want to quit. If your business isn't as successful at first as someone who has been doing it for 20 years, you aren't good enough.
4. **The Soloist:** You need to do everything on your own, and asking for advice creates a feeling of incompetence.
5. **The Expert:** Not knowing everything denotes not knowing anything. Not knowing is failure and

shame. You pursue every training possibility before feeling qualified to start.

Imposter syndrome exhibits a broad range of symptoms beyond those I've listed. However, the core idea is that it causes you to feel like a fake, attributing success only to external factors, downplaying your successes, constantly feeling like you need to do more to prove yourself, and experiencing a fear of both failure and success, as well as rejecting praise. You might find it difficult to network, promote your practice, or post on social media. You may feel you need to "do it all" before you are good enough to have a Reiki practice.

The good thing is that imposter syndrome is something you can overcome, and Reiki can help. Ultimately, IS is a limiting belief. A limiting belief is a state of mind or belief about yourself that restricts you in some way.³ Limiting beliefs can also be about how the world works, such as "You have to be a spiritual woo-woo person to practice Reiki or have a Reiki business." You can do self-Reiki to help overcome IS, receive sessions from others to help heal your limiting beliefs, and ask Reiki to help empower you in the places in which you excel!

Tools and Intentions

There are specific tools and intentions for each type of IS, but they can also apply to all five types.

1. **The Perfectionist:** Ask Reiki to highlight your strengths rather than your deficits. Write your strengths on a notecard and send Reiki to it daily. Ask Reiki to heal your culturally created self around perfectionism, for example, if you have received criticism from your parents or through academia.
2. **The Superhuman:** Use Reiki for self-care and practice self-Reiki regularly. Ask that Reiki help balance your

nervous system so that you feel comfortable taking breaks and resting when needed.

3. **The Natural Genius:** As William Rand says, “Remember, definiteness of purpose sustained over time always produces meaningful results.” Reiki can help empower patience, promote goal setting, and heal the effects of comparison.
4. **The Soloist:** Reiki can help heal hyper-independence and feelings of incompetence when you need to ask for help. Ask Reiki to empower the ideas and gifts of community, networking, and collaboration with others. Send Reiki to identify solutions, such as connecting with helpful people and mastering delegation.
5. **The Expert:** Self-Reiki, combined with affirmations, can help alleviate this form of imposter syndrome. Journaling to recognize your successes and achievements is essential. You can also use Reiki to heal negative self-talk.

Regardless of which type or types you identify with, or if you may feel IS in other areas, IS can cause stagnation in your Reiki practice or cause you not to get started manifesting your goals and dreams. While those are specific ways Reiki can help with each type of imposter syndrome, regardless of which type you may identify with, there are additional elements of healing.

If you have a fear of sharing about Reiki because you don’t feel you are an expert, you can use Reiki to empower your voice and your throat chakra. Through self-Reiki or a session with another practitioner, set your intentions to clear blockages and empower your throat chakra. This action helps release the voices of others within your culturally created self, past lives, or ancestral history, allowing your authentic voice to emerge. There are people out there who want to hear your voice, who identify with your message and your practice. Trust in the fact that Reiki helps align the right client with the right practitioner and the right student with the right teacher.

If you feel afraid of failure or changing directions when something doesn’t work because it implies you don’t know what you are doing, it’s okay to change. The most established practitioners have tried things that don’t work or shifted directions when they feel called to change.

Remember, Reiki evolves, and over time, so can you! You may make mistakes, you may want to change directions, you could even have a failure. Or more simply, you evolve and change over time, and your practice reflects this evolution. Reiki empowers you to express your Authentic Self, and as Reiki teaches and encourages growth within you, growth will naturally occur in your practice as well.

Use tools, such as finding community, support, and even mentorship, to help you move through your imposter syndrome. Self-care, affirmations, goal setting, and self-talk are all vital pieces that can help you overcome it. When you use Reiki combined with these tools, it accelerates your healing and empowerment. However, remember to set realistic expectations. Rome wasn’t built in a day, and success and feeling confident in your Reiki practice can also take time. If you normalize that within you, it helps you move through imposter syndrome.

Embrace your cringe! For social media, this is invaluable advice for overcoming imposter syndrome. Everyone cringes at some of the content they post or have posted. It’s very normal. Accept yourself, your present self, and your past self. It was that person who helped shape you into who you are today. Reiki led you down this path for a reason. Even the biggest content creators have posts, moments, or things they’ve posted that make them cringe. Rather than trying to change, delete, or perfect it, embrace it! It takes significantly less time and effort, and it releases a lot of pressure. It can also help you overcome barriers to starting social media promotion of your Reiki practice.

Finally, practice Reiki! The more you dive into your Reiki practice and how Reiki can help you, the more these things are going to unfold for you, either organically or by putting in the work. The more we work at establishing a Reiki practice, business, or teaching Reiki, the more comfortable we become with it. Just like the hand positions might have seemed confusing the first time you practiced them, over time, they got easier and more natural. This concept also applies to overcoming many of the obstacles in your Reiki practice stemming from imposter syndrome.

It’s curious why imposter syndrome can affect Reiki practitioners, and why it happens to some of us and not others. There can be many reasons behind the source, and you can have one or more of the five types. Perhaps many of us called to Reiki care so deeply about our practice and how we practice with others. It is essential to normalize

these feelings and recognize that you are not alone in experiencing them. Reiki can help in healing and overcoming imposter syndrome, as well as the ways it might hold you back from achieving your goals in your Reiki practice or business. If you recognize you are struggling with imposter syndrome, try using the Reiki tools and intentions I've mentioned. They will help you overcome it! ■



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Endnotes

- ¹ Martin R. Huecker et al., "Imposter Phenomenon," In: *StatPearls* [Internet], (StatPearls Publishing, 2025), <https://www.ncbi.nlm.nih.gov/books/NBK585058>.
- ² Joyce Marter, "5 Types of Imposter Syndrome and How to Overcome Them," *Choosing Therapy*, May 23, 2023, <https://www.choosingtherapy.com/imposter-syndrome-types>.
- ³ Team Asana, "10 Limiting Beliefs and How to Overcome Them," *Asana*, January 2025, <https://asana.com/resources/limiting-beliefs>.