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WHAT IS REIKI?

Wanting to share more than my own personal experience as a Reiki Master Practitioner I researched studies on Reiki in preparing this article and found overwhelming amounts of clinical and scientific data, spiritual insights and even an entire website dedicated to Reiki for Christians (<http://www.christianreiki.org/>).

Reiki (pronounced ray-key) is the "laying on of hands" for stress reduction and relaxation that also promotes healing. It is an ancient healing technique that uses the life force energy to heal. Reiki addresses physical, emotional, mental and spiritual imbalances and sessions are usually done on a massage table with the client fully clothed except for shoes. The practitioner becomes a conduit for the channeling of this healing life force energy. Reiki does not impose a set of beliefs and is used by people of all backgrounds and faiths.

Clinical research supports Reiki's effectiveness in treatment for pain and side effects for such conditions as fibromyalgia, AIDS, chemotherapy, cancer support, reducing nerve pain and cardiovascular risk, progression and/or anxiety in people with prostate cancer and so on.

What does science say? An independent research by Dr. Robert Becker and Dr. John Zimmerman showed that during Reiki sessions, the biomagnetic field of the practitioners' hands is at least 1000 times greater than normal. They discovered that the pulses are in the same frequencies as brain waves, and sweep up and down from 0.3 - 30 Hertz (Hz), focusing mostly in 7 - 8 Hz, alpha state. Independent medical research has shown that this range of frequencies will stimulate healing in the body. For example, 2 Hz encourages nerve regeneration, 7Hz bone growth, 10Hz ligament mending, and 15 Hz capillary formation.

Dr. Becker states that 'brain waves' also travel throughout the body via the perineural system, the sheaths of connective tissue surrounding all nerves. During Reiki treatment, these waves gather cumulative strength as they flow to the peripheral nerves of the body including the hands. It is this system, more than any other, that regulates injury repair and system rebalance. Dr. Becker carried out his study on a world-wide array of cross-cultural subjects, and no matter what their belief systems or customs, or how opposed to each other their customs were, all tested the same.

There are also many prestigious hospitals around the country that offer Reiki, such as Johns Hopkins, Yale School of Nursing, Temple University, George Washington University Hospital, Stanford Medical Center and Mercy Hospital, to name just a few.

What do clients say who come for Reiki sessions? "That was profoundly relaxing." "I feel so much more in balance and in tune with my body and surroundings." "I feel refreshed." "My pain is gone." "I no longer have those sinus headaches I've had for years." "I no longer have the symptom of Reynaud's disease." "Colors seem much more vibrant." "I feel great, like the weight of the world has been lifted." "I am completely at peace." "I feel so wonderfully alive."

Clients report many different types of experiences during their Reiki sessions. Some feel as though they are floating, some see colors, or visions, almost all experience the radiant warmth of the Reiki energy. One woman described the experience as being as penetrating and comforting as a hot stone massage.

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