

Reiki (靈氣) is a Japanese word meaning “universal life energy” or “force”; it is a healing practice consisting in the light laying of hands on or just above the person, with the theoretical goal of facilitating the person’s healing response by getting in touch with the universal energy, which is thought to support the body’s innate capacity for self-healing [47]. Reiki can also be practiced as self-treatment (self-help) [48-51].

Reiki was described in detail by the Japanese master Dr. Mikao Usui in the early 1900s through his study of ancient Tibetan healing arts and the laying on of hands healing tradition. It was brought to the mainland United States via Hawaii during the 1940s, and was introduced into Europe in the 1980s. Treatment consists in at least four sessions of 30–90 minutes, in which the practitioner places his/her hands lightly on or just above the client’s body, palms down, using different hand positions [47].

The popularity of Reiki is increasing in several countries, probably because the healing approach is non-traumatic and easily integrated with conventional therapies [52,53]. In spite of its diffusion, the baseline mechanism of action has not been demonstrated, as the few attempts to investigate it have led to inconsistent results [54].

For the sake of the present analysis, the evidence was retrieved by two pathways, mimicking the patient’s and the physician’s side.

The first search (patient’s perspective) was performed as a tool to define “what the patient knows” as basis for an evidence-based, informed discussion. A non-systematic search on Google and Yahoo, increasingly used both as a tool to better understand

patients' requests and as a clinical problem-solving strategy, confirms the interest in the subject. The large number of citations retrieved with the single term "Reiki" on the most common search engines, plus over 1000 relevant titles on Medline, provided preliminary contextualization and support of the patient's request. However, the high number of commercial sites on Google and Yahoo should be a warning about the economic pressure (Table [1](#)) [[55-61](#)].

Resolution No. 400, May 1997 of the European Parliament and Resolution No. 1206, November 1999 of the Council of Europe stress the need to guarantee citizens the greatest freedom of choice of treatment, ensuring the highest level of security and the most accurate information on the safety, quality and effectiveness of non-conventional treatments, inviting member states to provide information on CAMs [[22](#)].

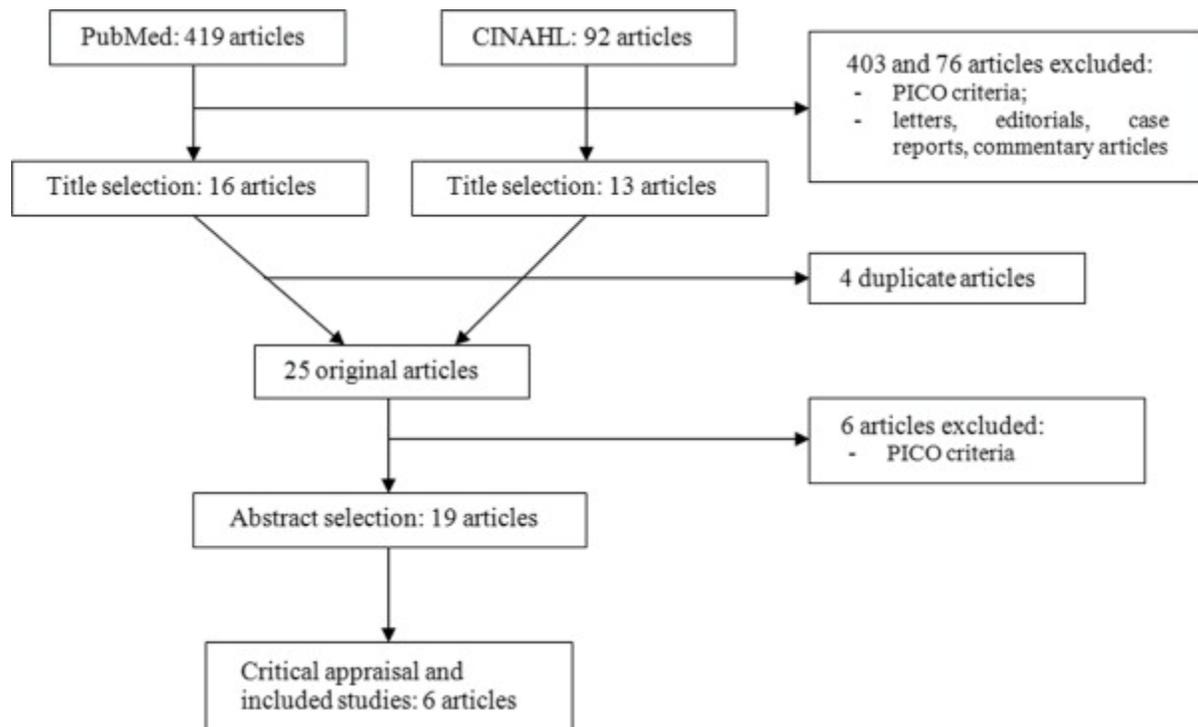
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Abstract

Burnout is a work-related mental health impairment comprising three dimensions: emotional exhaustion, depersonalization, and reduced personal accomplishment. Reiki aims to help replenish and rebalance the body's energetic system, thus stimulating the healing process. The objective of this placebo-controlled, repeated measures, crossover, single-blind, randomized trial was to analyze the immediate effects of Reiki on heart rate variability (HRV), body temperature, and salivary flow rate and cortisol level in health care professionals with burnout syndrome (BS). Participants included 21 health care professionals with BS, who were asked to complete two visits to the laboratory with a 1-week interval between

sessions. They were randomly assigned the order in which they would receive a Reiki session applied by an experienced therapist and a placebo treatment applied by a therapist with no knowledge of Reiki, who mimicked the Reiki treatment. Temperature, Holter ECG recordings (standard deviation of the normal-to-normal interval [SDNN], square root of mean squared differences of successive NN intervals [RMSSD], HRV index, low frequency component [LF], and high frequency component [HF]), salivary flow rate and cortisol levels were measured at baseline and postintervention by an assessor blinded to allocation group. SDNN and body temperature were significantly higher after the Reiki treatment than after the placebo. LF was significantly lower after the Reiki treatment. The decrease in the LF domain was associated with the increase in body temperature. These results suggest that Reiki has an effect on the parasympathetic nervous system when applied to health care professionals with BS.

Figure 1



Flow chart of the papers retrieved. Legend: PICO:

Patient/Population, Intervention, Comparison, Outcome, a method of putting together the better search strategy; CINAHL:

Cumulative Index to Nursing and Allied Health Literature, a data bank.

Growing Evidence in Reiki Research

Some small studies have been conducted to determine the effectiveness of Reiki. They suggest that patients may use Reiki to find relief from not only the physical aspects of chronic pain, but also the anxiety that often comes with it. According to an article from the University of Minnesota, several studies found that Reiki treatments seem to relax patients, reduce fatigue and depression, and strengthen a person's overall sense of wellbeing.

According to an article by Anthony Schifano on the National Fibromyalgia and Chronic Pain Association's website, Reiki sessions have brought relief and helped individuals feel more balanced. He writes that patients who received Reiki treatment experienced "total relaxation, less tense muscles, and improvement in their range of motion." One patient who suffered with fibromyalgia pain for years was able to stop taking pain-relieving medications after starting regular Reiki treatments.

REIKI - Reiki is the healing energy of the Universe. Reiki is a life force matrix, which permeates all things. A Reiki practitioner harnesses this power through attunements which, in effect, switch on the person's ability to transfer Reiki healing to oneself and to others.

Indications and contraindications:

As the Reiki is a life force matrix, all forces and imbalance and disease are indicated, whether from the body mind or the spirit. This simply means it is good for anything and everything that is out of homeostasis. Remembering that homeostasis is constantly changing. There no contraindications evidenced to date.

Brief History:

There are over 70 Reiki styles. Western knowledge of Reiki is developed from a follower of the Buddhist doctrine, Mikao Usui. This guy didn't just pop out of the wood work and come up with Reiki. When he was 12 he started martial arts training and became proficient in weaponry and grappling. He was also interested and schooled in divination (discovery the unknown such a supernatural power, incantation), (ritual chanting or use of supposedly magic words) physiognomy (the outward appearance for something), and fascinated by the "new science from the west. He was also interested and did well in medicine, theology and philosophy.

He took up meditation and collecting of primarily Tibetan scriptures. He also had whole army of people looking for secret Buddhist healing texts all along the silk road between Tibet and China. He became a Buddhist Teacher of healing and benefitting humanity through healing practice.

He continued to study the texts that came to him and also became a master practitioner of meditation. He eventually had an epiphany where he was shown his chakras and had knowledge of the Universal Life Force. This would later be known as Reiki.

Dates are a little bit sketchy. The Usui system of healing began as early the 1890s and possible only started in 1922 depending on which information is correct. His teachings and students became very popular in Japan. Like Edgar Cayce, he died of his own success of complete and utter burnout of his body's capacity to go on.

The Western Usui system is comprised of 4 levels which are called degrees of attunements. 1st being the initial and 4th being the Master Teacher. One can spend years or months on each level. It depends on your spirituality and your pure intent to be a perfect conduit of the Universal Life Force. There are secret initiations for each level where symbols and words are given the student by a Master Teacher, this is the attunement.

My latest Reiki session provided a combination of C/R spinal massage and a Reiki spinal energy infusion. The receiver said that the result was that the spine felt lucid, lite and regenerated.

I personally believe that most if not all imbalance and dis-ease can be slowed and reversed via the self-healing facilitation of Reiki.

First realize; that there are no healers - just conduits for facilitating self-healing. Western conventional medical doctors believe they are healers. This is the basis for all dis-ease in the United States. It is our path to change this.

Thank you and be part of the solution - your site is www.bmsc4unity.net