

REIKI RESEARCH AND RESOURCES

by Lisa Matejka, ND, MS



Energy Medicine is growing in acceptance and popularity today (1). It comes in many forms, defined as anything that works on the energetic biofield of the human body, also known as the aura. Focusing on this aspect of health, in turn has a ripple effect into other aspects including emotional, mental, and the physical. I would like to focus this article specifically on Reiki of the Usui origin. The word Reiki comes from 2 Japanese words; Rei is divine energy and Ki is personal energy. With a laying on of hands, there is a transfer of energy from the Divine through the practitioner (not originating from the practitioner), and to the person in need of healing. So, what exactly can Reiki do? If we were to ask Reiki practitioners and Masters, the answer would be that it is helpful with just about everything. Thankfully, there is research to support this notion.

The largest prospective Reiki study to date is 1,411 sessions conducted at Harvard University between 2015 and 2016 (2). Statistically significant positive outcomes of moderate to large effect sizes ($p < .001$) were seen for all studied measures of psychological and physical health including pain, anxiety, depression, mood, tiredness, drowsiness, shortness of breath, nausea, appetite and overall well-being. The results of this large-scale multi-site effectiveness trial indicate that even a single session of Reiki can improve physical and psychological health.

In other studies, Reiki has shown to be helpful for digestive disorders as well as hypertension, diabetes, ADHD, Autism spectrum disorders, healing after surgery and even Lyme disease (3). Reiki has been researched and suggested for dialysis ward patients and those with HIV/AIDS (4,5). A multitude of studies have shown a statistically significant lowering of pain after Reiki

treatment, both acute and chronic (6,7,8,9).

According to an article by UCLA, 83% of peer-reviewed studies have shown moderate to strong evidence of Reiki as a viable healing modality. The most common ailments it has shown effectiveness for include pre-operative relaxation and post-operative pain, post-operative pain after tooth extraction, pain in chronically ill patients, depression, stress, cognition in the elderly related to dementia/Alzheimer's, and well-being in Reiki practitioners themselves (10).

Numerous studies show that Reiki has a measurable effect on the body as well, including decreases in systolic and diastolic blood pressure, heart rate, respiration, and increases in salivary IgA indicating an immune response (10,11,12). Reiki was shown to significantly impact autonomic activity in patients with Acute Coronary Syndrome after a heart attack, which predicts recovery (13). In the same study, Reiki significantly improved all positive emotions (happy, relaxed, calm) and decreased all negative emotions (stressed, frustrated, sad, angry, worried, scared, anxious). As for oncology, various studies have shown a positive outcome with managing the side effects of chemotherapy and radiation, managing pain, anxiety, improving the immune response and eliminating toxins (14,15,16,17).

With Reiki evidence showing great promise in a myriad of conditions and ailments both acute and chronic, we should not overlook this powerful yet gentle, and cost-effective therapy.



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Lisa is a Naturopathic Physician and Energy Worker, with New Moon Cancer Care whose mission to provide those affected by cancer with comprehensive and holistic care as an alternative to, or adjuvant for, conventional cancer treatment.

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“My experience with Reiki healing with Lisa has been a wonderful and life-changing experience. I'd highly recommend going to her!”

—A.R.

dr.lisa@newmooncancercare.net
(971) 319-0410
Sage Center
for Wholeness and Health

10700 SW Beaverton-Hillsdale Highway
Park West Plaza
Building #3, Suite #560
Beaverton, OR

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Portland Metropolitan Area too!