

# Center for Reiki Research Study Summary

[www.centerforreikiresearch.org](http://www.centerforreikiresearch.org)

## Experience of a Reiki session

### Reference

Engbretson J, Wardell DW. Experience of a Reiki session. *Altern Ther Health Med*; Mar/Apr; 8(2):48-53, 2002.

### Purpose of Study

The purpose of this study was to explore the experience of receiving Reiki by assessing physiologic and psychological changes associated with the relaxation response.

### Objective/goals/hypotheses

The study attempted to identify and utilize appropriate outcomes for measurement as well as variables for further quantitative analysis that will contribute to the understanding of Reiki.

### Methods

Twenty-three (23) generally healthy volunteers (17 women, 5 men aged 29-55) who had never experienced Reiki participated in this descriptive study. Quantitative and qualitative data were included. The relaxation response was measured using biofeedback, blood pressure monitoring, and salivary samples for IgA and cortisol. Participants were interviewed after the session, during which they described their experiences and were queried about specific details, based on the literature and researchers' own work with Reiki and Healing Touch.

### Results

Quantitative data showed that anxiety was significantly reduced: systolic blood pressure dropped; biofeedback changes included an increase in skin temperature; and salivary IgA levels rose significantly. EMG readings during treatment decreased, although before and after changes were not significant. There was a downward trend in salivary cortisol that was also not statistically significant.

Observational data showed slower speech patterns after treatment. Most participants reported that it was difficult to describe the experience. Some reported changes in their orientation to time, place and self, as well as paradoxical experiences such as feeling weightlessness and heaviness at the same time.

### Strengths

The use of both quantitative and qualitative data in this study provides us with a fact-based assessment of the relaxation response that supports participants' feelings of being more relaxed after treatment. The results suggest additional areas for future exploration that could advance our understanding of the response to Reiki.

### Weaknesses

The small study sample size and lack of a control group precludes utilizing this data to draw definitive conclusions.

### Additional comments

A standardized treatment by a single Reiki master was utilized in this study that was very likely atypical of how Reiki treatments are generally administered. While this is a plus for providing consistency of treatment for study purposes, it does not evaluate the more common intuitive approach to balancing energy that many recipients will experience outside of a study setting.

---

### Copyright Information

The material on this web site is the copyrighted property of Center for Reiki Research. The information is provided free of charge to those who have become members and membership is also free. You have permission to read it and print it as well as share the printed material with others. You do not have permission to edit the information, copy and paste from it or place it on your web site. If you'd like to share this material with your friends, please ask them to sign up and log on to [www.centerforreikiresearch.org](http://www.centerforreikiresearch.org)

© Copyright 2009 Center for Reiki Research