

Center for Reiki Research

Study Summary

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Reiki healing: a physiologic perspective

Reference

Wetzel WS, Reiki healing: a physiologic perspective. *Journal of Holistic Nursing*, 7(1): 47-54, 1989.

Purpose of Study

This study attempted to evaluate the effects of receiving First Degree Reiki training on human *in vivo* hemoglobin and hematocrit values compared to those of subjects not receiving training.

Objectives/Goals/Hypotheses

The main hypothesis was that in subjects receiving Reiki I training, there would be a significant change in oxygen-carrying capability within a 24-hour period. This would be measured by comparing hemoglobin and hematocrit values taken before and after training. In addition, it was thought that there would be no significant change in oxygen-carrying capability among subjects NOT receiving training.

Methods

This was a non-randomized, exploratory study of 48 healthy adults, age 24-69 years, with a median age of 41 who participated in Reiki trainings in CA in 1988. Pregnant women and immuno-suppressed individuals were excluded. The control group was made up of 10 healthy adults who were medical professionals, age 25-60 years, with a median age of 41. Educational levels, race, and health status similar between groups.

Blood was drawn 24-hours apart for all subjects. The experimental group received Reiki I training within those 24 hours and the control group received no Reiki I training within those 24 hours. Blood samples were processed immediately upon being drawn.

Results

The analysis showed a significant change in both parameters for the Reiki I group and no significant change in hemoglobin and hematocrit pre- and post-test for the control group.

Strengths

Medium number of participants. Highly objective measures.

Weaknesses

The sample was non-randomized. The experimental group self-selected. The size of the control group was small. The research team was not blinded regarding the grouping of the data (Reiki or control). There is also a question as to whether or not the Reiki I group had been previously trained in Reiki I and how long they might have already been practicing self-Reiki.

Additional Comments

The overall impression is that this is a satisfactory study, but due to the limitations listed above, generalized statements about the results cannot be made.

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