

Research

Reiki Research

Reiki and science

As with other types of complementary and alternative medicine (CAM), the scientific community currently regards Reiki as an unproven method. However, there have been many promising pilot studies into the effects of Reiki, reported in peer-reviewed journals. Based on the evidence so far, Reiki is used in several hospitals, alongside conventional medicine, as part of a comprehensive approach to patient care.

Reiki survey

In 2010 Elaine Grundy accomplished a Reiki survey with 546 respondents from over 20 countries.

The key findings of the report showed:

- 87% of people noticed more peace after Reiki
- 80% noticed more happiness
- 80% experienced less stress
- 75% were less anxious or worried
- 73% were less angry

The key criteria for successfully utilizing Reiki is the amount of self-Reiki administered. Reiki is a cumulative therapy; the more hours of self-Reiki the respondent does, the better the results they report.